

Apple Muffins

Makes 12.

1 2/3 cups flour

2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup sugar

1/3 cup oil

1 teaspoon vanilla

2 eggs

1 cup chopped, peeled apple

1/2 cup chopped nuts

1/2 cup buttermilk (or 1 1/2 tsp. cider vinegar and milk to fill 1/2 cup)

Beat the sugar, oil, and vanilla together, using a wire whisk. Add the eggs and beat for 30 seconds.

Using a wooden spoon, mix in the dry ingredients, along with the apple, nuts and buttermilk. Mix just until the flour is moistened; if you overmix, the muffins will be dry..

Spoon the batter into greased or muffin paper lined muffin pan cups and bake in the preheated 350 degree oven for 20 to 25 minutes or until the muffins spring back when lightly pressed in the center. Remove from the pan and cool on a cooling rack.