Whole Grain Apple Pie Muffins: (Original) For the muffins:

○ ½ cup butter, melted

○ 1 cup plain yogurt

○ 1 egg ○ ½ cup brown sugar

○ ½ cup maple syrup

○ ½ teaspoon cinnamon

○ 1 teaspoon baking soda

○ 1 teaspoon baking powder

○ 1 teaspoon vanilla extract

○ ½ teaspoon salt

○ 1 cup oats

○ 1 cup whole wheat flour

○ 1 apple, finely diced

For the topping (optional):

○ ½ cup brown sugar

○ 2 tablespoons pure maple syrup

○ ¼ cup oats

○ ¼ cup whole wheat flour

○ ½ teaspoon cinnamon

○ 2 tablespoons butter, melted

Instructions:

1. Preheat oven to 375 degrees and line or grease a 12-cup muffin pan.

2. Mix the bugger, yogurt, egg, brown sugar, maple syrup, cinnamon, baking soda, baking powder, vanilla extract, and salt in a large mixing bowl on high speed until well blended.

3. Stir in the oats and whole wheat flour until just combined (do not overmix!)

4. Gently fold in the apples.

5. Distribute batter evenly in prepared muffin pan cups.

6. If you are adding the topping, mix all ingredients for it in a small bowl.

7. Add a spoonful of the topping the center of each muffin, distributing evenly.

8. Bake for 20-25 minutes, or until a toothpick inserted in the center of the muffins comes out clean.