

Luscious Caramel Apple Muffins: Easy Fall Breakfast Treat

Embrace the cozy flavors of autumn with these delightful



OVEN
350°F

TIME
5 min

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INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 cup (1 stick) unsalted butter, softened
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, packed
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup buttermilk
- 2 cups diced apples (peeled and cored, about 2 medium apples)
- 1/2 cup chopped walnuts
- 1 cup granulated sugar
- 6 tablespoons salted butter, room temperature
- 3/4 cup heavy cream, room temperature

DIRECTIONS

1. Let's get these delicious : Luscious Caramel Apple Muffins baking!
2. Preheat : Oven & Prep Muffin Tin: Preheat your oven to 350°F (175°C). Line a standard 12-cup muffin tin with paper liners or grease it thoroughly with cooking spray.
3. Whisk : Dry Ingredients (Muffins): In a medium bowl, whisk together the 1 1/2 cups all-purpose flour, 1 teaspoon baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, and 1 teaspoon ground cinnamon. Set aside.
4. Cream : Wet Ingredients (Muffins): In a large mixing bowl, using an electric mixer (stand mixer or handheld), beat the 1/2 cup softened unsalted butter, 1/2 cup granulated sugar, and 1/2 cup packed brown sugar together until the mixture is light and fluffy, about 3-5 minutes. Add the 2 large eggs one at a time, beating well after each addition until fully incorporated. Stir in the 1 teaspoon vanilla extract.
5. Combine : Batter: Gradually add the dry ingredients mixture (from step 2) to the wet ingredients mixture, alternating with the 1/2 cup buttermilk. Begin and end with the dry ingredients. Mix on low speed, or by hand, just until combined and a smooth batter forms. Be careful not to overmix, as overmixing can lead to tough muffins.
6. Fold in : Apples & Walnuts: Gently fold in the 2 cups diced apples and 1/2 cup chopped walnuts until evenly distributed throughout the batter.
7. Fill : Muffin Cups: Divide the batter evenly among the prepared muffin cups, filling each about 2/3 full.

8. **Bake:** Bake in the preheated oven for 18-22 minutes, or until a toothpick inserted into the center of a muffin comes out clean. The tops should be golden brown and spring back when lightly touched.
9. **Cool:** Allow the muffins to cool in the tin for 5 minutes, then carefully transfer them to a wire rack to cool completely.
10. **For the :** Caramel Sauce (as per note):
11. **Melt : Sugar:** In a medium, heavy-bottomed saucepan, melt 1 cup granulated sugar over medium-low heat. Stir occasionally with a heatproof spatula. This may take 5-10 minutes. Do not increase the heat too much, or it will burn.
12. **Add : Butter:** Once the sugar has completely melted and turned into an amber-colored liquid, immediately remove from heat. Add 6 tablespoons room temperature salted butter. The mixture will bubble vigorously; whisk constantly until the butter is fully melted and incorporated.
13. **Whisk in : Cream:** Slowly pour in $\frac{1}{2}$ cup room temperature heavy cream, whisking constantly. The mixture may seize and harden at first, but keep whisking until it becomes smooth and creamy again.
14. **Cool : Slightly:** Allow the caramel sauce to cool slightly, about 10-15 minutes, before drizzling. It will thicken as it cools.
15. **Final : Assembly:**
16. **Drizzle & : Serve:** Drizzle the prepared caramel sauce generously over the cooled muffins before serving.

SWAPS & NOTES

Apples: Use firm, crisp apples that hold their shape well when baked, such as Honeycrisp, Fuji, Gala, or Braeburn.

Unsalted Butter (Muffins): Softened butter is crucial for the muffin's tender crumb.

Sugars (Muffins): The blend of granulated and brown sugar adds depth and moisture.

Buttermilk: This contributes to the muffins' tenderness and moisture.

TIPS FOR SUCCESS

Softened Butter (Muffins): Ensures a tender, fluffy crumb.

Don't Overmix Muffins: Mix just until the dry ingredients are moistened.

Diced Apples: Cut apples into small, consistent pieces for even distribution and baking.

Caramel Sauce Patience: When making homemade caramel, be patient and don't rush the melting sugar, and be careful when adding butter and cream as it will bubble intensely.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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