

## Homemade Caramel Apple & Walnut Muffins with Glaze

Luscious Caramel Apple Muffins



**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 unsalted butter, softened (1 stick)
- 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-sized apples like Honeycrisp, Gala, or Fuji)
- 1/2 cup chopped walnuts
- Caramel sauce for drizzling (recipe below)
- 1 cup granulated sugar
- 6 tablespoons salted butter, room temperature
- 3/4 cup heavy cream, room temperature

#### Swaps and Notes:

Apples: Firm, sweet-tart apples like Honeycrisp, Gala, Fuji, or Braeburn are excellent choices. Granny Smith can be used if you prefer a tarter muffin. Dice them into small, even pieces.

Walnuts: Chopped pecans or even a mix of nuts would work beautifully. For more nut inspiration, check out my Candied Pecans Recipe.

**Buttermilk:** If you don't have buttermilk, you can make a quick substitute: add 1/2 tablespoon of lemon juice or white vinegar to a liquid measuring cup, then fill to the 1/2 cup mark with regular milk. Let it sit for 5 minutes before using.

**Spices:** A pinch of nutmeg or allspice could be added with the cinnamon for extra warmth.

**Caramel Sauce:** Making homemade caramel sauce takes a few minutes but is well worth it! Alternatively, use a good quality store-bought caramel sauce for convenience.

**Butter (Muffins):** Ensure butter is truly softened for proper creaming. Unsalted is preferred to control overall saltiness.

**Eggs & Buttermilk:** Room temperature ingredients blend more smoothly, leading to a more tender crumb.

## DIRECTIONS

1. Baking these luscious muffins is a straightforward process that will fill your kitchen with a delightful aroma.
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 generously grease each cup with cooking spray or butter.
3. **Combine : Dry Ingredients:** In a medium bowl, whisk together the all-purpose flour, baking powder, baking soda, salt, and ground cinnamon. Set this aside.
4. **Cream : Butter & Sugars:** In a large mixing bowl, using an electric mixer, beat the softened unsalted butter, granulated sugar, and packed brown sugar together on medium-high speed for about 3-4 minutes, until the mixture is light and fluffy.
5. **Add : Eggs & Vanilla:** Add the large eggs one at a time, beating well after each addition until fully incorporated. Stir in the vanilla extract. Scrape down the sides of the bowl as needed.
6. **Alternate : Wet & Dry:** Gradually add the dry flour mixture to the wet butter mixture, alternating with the buttermilk. Begin and end with the dry ingredients. Mix on low speed just until combined after each addition. Do not overmix the batter; overmixing develops gluten and can lead to tough muffins.
7. **Fold in : Apples & Walnuts:** Gently fold in the diced apples and chopped walnuts until they are evenly distributed throughout the batter.
8. **Fill : Muffin Cups & Bake:** Divide the batter evenly among the prepared muffin cups, filling each about 2/3

full.

9. Bake for 18-22 minutes, or until a wooden toothpick inserted into the center of a muffin comes out clean. The tops should be golden brown and spring back when lightly touched.
10. Cool : Muffins: Allow the muffins to cool in the tin for 5 minutes. This helps them firm up slightly before handling. Then, carefully transfer the muffins to a wire rack to cool completely.
11. Note: Caramel Sauce Instructions (if making homemade):
12. In a medium saucepan, combine the 1 cup granulated sugar and 2 tablespoons water. Cook over medium heat, stirring until sugar dissolves. Once dissolved, stop stirring and allow the mixture to boil. Swirl the pan occasionally to prevent burning.
13. Cook until the sugar turns a deep amber color. This can take 5-10 minutes. Watch closely!
14. Carefully remove from heat. Immediately and slowly whisk in the 6 tablespoons room temperature salted butter until melted and smooth. The mixture will bubble vigorously.
15. Slowly whisk in the ½ cup room temperature heavy cream until smooth. Continue whisking until the sauce is fully combined and smooth. Be careful as it may bubble and steam.
16. Cook over low heat, stirring, for 2-3 more minutes until slightly thickened. Remove from heat and let cool. It will thicken more as it cools.
17. Drizzle & : Serve: Once the muffins have cooled completely, generously drizzle caramel sauce over the top of each muffin before serving.

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