

Luscious Caramel Apple Muffins: Your New Favorite Fall Treat

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OVEN
400°F

TIME
5 min

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INGREDIENTS

to create these irresistible caramel apple muffins:

For the Caramel Swirl: $\frac{1}{2}$ cup caramel sauce
(store-bought or homemade):

DIRECTIONS

1. Steps for the : Recipe
2. Preheat & : Prep:
3. Preheat your oven to 400°F (200°C). Line a 12-cup muffin tin with paper liners or grease it thoroughly.
4. Combine : Dry Ingredients:
5. In a large bowl, whisk together the flour, granulated sugar, brown sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Make a well in the center.
6. Combine : Wet Ingredients:
7. In a separate medium bowl, whisk together the egg, milk, melted butter, and vanilla extract until well combined.
8. Combine : Wet and Dry:
9. Pour the wet ingredients into the well of the dry ingredients. Stir with a spatula until just combined. Be careful not to overmix; a few lumps are perfectly fine. Overmixing leads to tough muffins.
10. Fold in : Apples:
11. Gently fold in the diced apples until evenly distributed throughout the batter.
12. Fill : Muffin Cups:
13. Divide the batter evenly among the 12 prepared muffin cups, filling each about two-thirds full.
14. Add : Caramel Swirl:
15. Drizzle about 1-2 teaspoons of caramel sauce over the top of each muffin. Using a toothpick or a small knife, gently swirl the caramel into the batter, being careful not to overmix.
16. Bake for 5 minutes at 400°F (200°C), then reduce the oven temperature to 375°F (190°C) and continue

baking for another 15-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. The initial high heat helps create a nice dome.

17. Let the muffins cool in the muffin tin for 5 minutes before transferring them to a wire rack to cool completely.

SWAPS & NOTES

Apples: Feel free to mix and match apple varieties.

For a tarter muffin, go with more Granny Smith.

For a sweeter one, opt for Fuji or Honeycrisp.

Make sure to dice them finely so they cook evenly and distribute well.

TIPS FOR SUCCESS

Don't Overmix: This is the golden rule for muffins!

Overmixing develops the gluten in the flour, resulting in tough, chewy muffins instead of light, tender ones.

Room Temperature Ingredients: While not strictly necessary for this recipe, using room temperature milk and eggs can help them incorporate more smoothly into the batter.

High Initial Heat: Baking at a higher temperature for the first few minutes creates a burst of steam that helps the muffins rise beautifully and develop those coveted domed tops.

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

Original recipe: <https://chefmaniac.com/luscious-caramel-apple-muffins-your-new-favorite-fall-treat/>