

Apple Pie Muffins

From David Wood Food Book and published by Mary McGrath in the "Toronto Star". Makes 15 Muffins.

FOR THE TOPPING:

1/2 cup	Brown sugar - firmly packed
6 Tbsp	All-purpose flour
1/4 cup	Unsalted butter - melted
1 tsp	Ground cinnamon

FOR THE BATTER:

1.5 cups	Brown sugar - firmly packed
2/3 cup	Vegetable oil
1 large	Egg
1 tsp	Vanilla
2.5 cup	All-purpose flour
1 tsp	Baking soda
1/2 tsp	Salt
1 cup	Buttermilk
2 cups	Diced apple (Granny Smith)

Three secrets to success: (1) keep the wet ingredients separate from the dry until the last moment; (2) mix the dry ingredients thoroughly to distribute the baking soda and powder evenly; and, (3) mix the muffins as little, as lightly, and as quickly as possible once you have combined the wet with the dry.

1. Preheat the oven to 325° F. Grease and flour a 15-cup muffin tin; line with paper cups if you wish.
2. Make the topping: Combine the brown sugar, flour, melted butter and cinnamon in a small bowl and mix until crumbly. Set aside.
3. Combine the brown sugar, oil, egg and vanilla in a large bowl. Mix and set aside.
4. Sift together flour, soda and salt. Blend the flour into the mixture alternately with the buttermilk. Add the diced apple. Mix until just combined. Spoon into the prepared muffin tins. Sprinkle generously with the topping.
5. Bake in the preheated oven for 30 minutes, until golden brown and the top springs back when touched.