



Apple Crumble Muffins

Supplies:

- Muffin Tin

Ingredients:

- 1 cup all-purpose gluten-free flour
- 1 cup oat flour
- 2 teaspoon baking powder
- 1 teaspoon xanthan gum (omit if your gluten-free flour already contains xanthan gum)
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 cup dairy-free milk of choice (such as So Delicious Coconut milk)
- ½ cup maple syrup
- ¼ cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1 and ½ cup apple, peeled and chopped



Crumble Topping Ingredients:

- ⅓ cup coconut sugar, packed (or brown sugar)
- 1 teaspoon cinnamon
- ¼ cup vegan butter, melted
- ⅔ cup gluten-free all-purpose flour

Icing Ingredients:

- ¾ cup powdered sugar
- 1-2 tablespoons dairy-free milk

Instructions:

1. Preheat the oven to 350F. Grease muffin cups or fill with liners.
2. In a small bowl, combine all of the crumble topping ingredients except for the flour. Stir to combine.
3. Use a rubber spatula to mix in the flour. The topping should be thick and crumbly. Set aside.
4. In a large bowl, whisk together all-purpose flour, oat flour, baking powder, baking soda, salt, cinnamon, and xanthan gum (if your flour doesn't contain it).
5. Add the remaining muffin ingredients except for the apples to the bowl and stir until combined
6. Fold the apples into the batter and fill each muffin tin about ¾ of the way full



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7. Add the crumble topping to each muffin and press gently to make sure the crumble sticks to the muffins while they bake
8. Bake for 25-30 minutes
9. For the icing, whisk together powdered sugar with dairy-free milk until smooth.
10. Allow muffins to cool completely before eating.
11. Add your icing on top to your liking.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.