

# Caramel Apple Muffins

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**Yield: 1 dozen muffins**

*2 cups all-purpose flour*  
*3/4 cup sugar*  
*2 teaspoons baking powder*  
*2 1/2 teaspoons ground cinnamon*  
*1/2 teaspoon salt*  
*1 large egg (room temperature)*  
*1 cup 2% milk, `*  
*1/4 cup butter, melted*  
*2 teaspoons vanilla extract*  
*1/2 cup tart apple, peeled and chopped*  
*12 caramels, chopped*  
**TOPPING**  
*1/2 cup packed brown sugar*  
*1/4 cup quick-cooking oats*  
*3 tablespoons butter, melted*  
*1 teaspoon ground cinnamon*

**Preparation Time: 25 minutes****Bake Time: 20 minutes**

Preheat the oven to 350 degrees.

In a bowl, combine the flour, sugar, baking powder, cinnamon and salt.

In another bowl, whisk the egg, milk, butter and vanilla. Stir into the dry ingredients just until moistened. Fold in the apples and caramels. Fill twelve paper-lined muffin cups three-fourths full.

In a bowl, combine the brown sugar, oats, butter and cinnamon. Sprinkle over the batter.

Bake until a toothpick inserted in the center comes out clean., 20 to 25 minutes.

Cool for 5 minutes before removing from pan.

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Per Serving (excluding unknown items): 2890 Calories; 89g Fat (27.5% calories from fat); 38g Protein; 490g Carbohydrate; 14g Dietary Fiber; 236mg Cholesterol; 3036mg Sodium. Exchanges: 14 Grain(Starch); 1/2 Fruit; 1 Non-Fat Milk; 17 1/2 Fat; 17 1/2 Other Carbohydrates.