

Recipe adapted from [Dankin Farm's](#) "What Vermont Tastes Like."



## Apple Cheddar Muffins

2 apples, peeled and cored  
1 c whole wheat flour  
1 c all-purpose flour  
1 t baking powder  
1/2 t baking soda  
1 t cinnamon  
1/2 t nutmeg  
1/2 salt  
1/3 c softened butter  
1/2 c honey  
1 egg  
1 c skim milk  
4 oz. cheddar cheese

Preheat oven to 375F. In a food processor grate apple slices and cheddar cheese. Set aside. In a large mixing bowl, combine flours, baking powder, baking soda, salt and spices. Sift together well. In another bowl use an electric mixer to cream the honey and butter. Add the milk and egg to the creamed butter and mix well. Then add some of the butter mix to the flour and blend with the mixer.

Next add some of the apples and cheese to the flour and mix well. Continue alternating between adding the butter mix and apple/cheese mix to the flour until everything is combined and blended together. Grease two, 12-cup muffin tins and add the batter to the cups, filling each about halfway. Finally bake for 20 minutes. Serve warm with butter or honey.