

THE P•K•P WAY

Caramel Apple, Millet and Walnut Breakfast Cupcakes

Yields 12 cupcakes



Ingredients

Cupcakes

- 1 ½ cups unsweetened apple juice*
- 2 large tart-sweet apples, peeled and shredded**
- 1 cup millet, uncooked
- ¾ cup dried cranberries or other dried fruit
- 2 tablespoons coconut oil
- ¾ cup chopped walnuts, toasted***

Caramel Frosting

- 1 cup heavy whipping cream
- 4 tablespoons caramel-flavored International Delight Simply Pure Coffee Creamer

Directions

Cupcakes

1. Preheat oven to 350°F and grease a standard muffin tin.****
2. In a medium saucepan over medium-high heat, bring the apple juice to a boil. Reduce the heat to medium-low heat and add the apples, millet, cranberries, and oil. Stir and bring to a boil, then reduce to low heat. Cover and simmer for 15 minutes, until the liquid has been absorbed. Off the heat and let stand for 15 minutes. Stir in the walnuts.
3. Divide the millet mixture among the prepared muffin wells, about 2 ½ tablespoons each. With the back of a spoon, lightly press down into the mixture to create a shallow well.
4. Bake for 30 minutes until the tops are lightly golden. Allow to cool in the pan on a cooling rack for 15 minutes. Loosen the cupcakes by gently running an off-set spatula alongside the cupcakes. ***** Then, transfer to a cooling rack to cool completely.

Caramel Frosting

1. Combine all the ingredients in the bowl of an electric mixer fitted with the whisk attachment. Turn the mixer to the lowest speed and gradually increase speed until the highest speed is reached. Whisk until stiff peaks form. Do not over whip.
2. Spoon or pipe a dollop of the whipped frosting onto the cooled cupcakes.

Notes

*I used unfiltered honey crisp apple juice.

**I used Gala apples. You can use Braeburn or Golden Delicious apples as well.

***Toast walnuts in a large skillet in a single layer over low heat. Swirl the walnuts around until walnuts are lightly darkened and fragrant.

****I used melted coconut oil.

*****If the cupcakes do not remove easily, place in the freezer for about 15 minutes to help them firm up and then remove.

Storage

Store in an airtight container in the refrigerator for up to 5 days.