

Apple and Honey Rosh Hashanah Muffins

Recipe By Renee Muller



Cooking and Prep:  45
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Serves:  48

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Vegetarian

Source: ArtScroll

At our house, Rosh Hashanah cannot happen without honey muffins. At least, that's the way my kids see it. It's a family project, and by now, a family tradition, too. This recipe was given to me by a relative in Israel who bakes them all the time and claims that no matter how many batches she bakes, there are never enough. She's absolutely right. We once baked a quadruple batch of these (sans the apples) for a bake sale on our block and we were left without a crumb!

Ingredients (13)

Apple filling

- 2 tablespoons butter or margarine
- 4 Granny Smith apples, diced
- 4 tablespoons sugar
- 1 teaspoon cinnamon

Batter

- 2 cups prepared tea, lukewarm
 - 2 cups sugar
 - 2 cups oil
 - 2 cups Gefen Honey
 - 12 eggs
 - 6 cups flour
 - 2 tablespoons Haddar Baking Powder
 - 1 teaspoon Gefen Baking Soda
 - 2 heaping tablespoons cinnamon
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Start Cooking

Prepare the Muffins

1. In a saucepan, melt butter over a medium-low flame. Add apples, sugar, and cinnamon; cook until apples are fragrant and soften a bit, about 15 minutes. Set aside to cool.
2. Preheat oven to 350 degrees Fahrenheit. Line a muffin pan with cupcake liners.
3. In the bowl of a stand mixer, on medium speed, combine tea, sugar, oil, honey, and eggs. Mix until smooth. Reduce speed; gradually add flour, baking powder, baking soda, and cinnamon. Scrape down sides of bowl as needed.
4. Fill each muffin cup halfway with batter. (I like to use a cupcake pen for this; I find it very helpful.) Top with a teaspoon of prepared apples.
5. Bake for 15-20 minutes, or until an inserted toothpick comes out almost dry with some moist crumbs attached.

Note:

The apples are optional; I find that some children prefer the muffins plain. We add the apples for Rosh Hashanah (very loudly singing, "Dip the apple in the hoooooneeeeyyy" as we do so) but throughout the year, we bake them plain.

Tip:

I recently discovered an amazing gadget called "The Cupcake (or Muffin) Pen." It really removes the whole messy

aspect of filling cupcake pans with batter. Look for it in specialty equipment stores.

About

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