

# Maple Walnut Muffins

*Moist, maple-rich muffins topped with crunchy cinnamon walnut crumble.*

**Prep Time:** 10 minutes

**Bake Time:** 18–20 minutes

**Servings:** 12 muffins

---

## Ingredients

### Dry Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon fine sea salt

### Wet Ingredients

- 4 tablespoons unsalted butter, softened
- ½ cup packed brown sugar
- 1 large egg
- ½ **cup pure maple syrup** (instead of 1 tablespoon — deeper maple flavor)
- 1 teaspoon maple extract (optional but recommended)
- 1 cup buttermilk
- 1 cup chopped walnuts

### Crumble Topping

- 2 tablespoons cold unsalted butter
  - ¼ cup brown sugar
  - 2 tablespoons flour
  - 1 teaspoon cinnamon
  - ¼ cup finely chopped walnuts (optional for extra crunch)
- 

## Instructions

### 1. Prep the oven

Preheat to **400°F (205°C)**.

Line a muffin tin with paper liners or spray lightly with baking spray.

### 2. Mix dry ingredients

In a large bowl, whisk together the flour, baking powder, and salt. Set aside.

### **3. Cream butter & sugar**

In a separate bowl, cream the softened butter with the brown sugar until light and fluffy. Beat in the egg, then add:

- maple syrup
- buttermilk
- maple extract

Mix until smooth.

### **4. Combine batter**

Pour the wet mixture into the dry ingredients and stir *just until combined*.

(Overmixing makes muffins dense!)

Fold in the chopped walnuts.

### **5. Make the crumble topping**

Using a pastry blender or two forks, cut together:

- cold butter
- brown sugar
- flour
- cinnamon
- (optional walnuts)

until coarse crumbs form.

### **6. Fill muffin cups**

Divide batter evenly among the 12 muffin cups.

Sprinkle crumble generously over the top of each muffin.

### **7. Bake**

Bake for **18–20 minutes**, or until the tops are golden and a toothpick inserted in the center comes out clean.

### **8. Cool & enjoy**

Let rest 5 minutes in the pan, then transfer to a rack to cool.

---

## Flavor Tips & Variations

- Add **1 tablespoon maple sugar** to the crumble for extra maple goodness.
- Swap walnuts for **pecans** for a softer crunch.
- Drizzle cooled muffins with a **maple glaze** (powdered sugar + maple syrup).
- Use **dark robust maple syrup** for the strongest maple flavor.