

## Breakfast

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# Caramel Apple Muffins

Southern Living Test Kitchen

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**Preparation Time: 30 minutes**

**Start to Finish Time: 1 hour 30 minutes**

**Cinnamon Topping (see recipe)**

**1 container (8 ounce) sour cream**

**1 cup sugar**

**2 large eggs**

**1 tablespoon vanilla extract**

**2 cups all-purpose flour**

**2 teaspoons baking powder**

**1/2 teaspoon baking soda**

**1/2 teaspoon salt**

**2 cups Granny Smith apples, peeled and diced**

**1 package (14 ounce) caramels**

**3 tablespoons whipping cream**

**1 cup lightly salted roasted pecans, chopped**

**wax paper**

**food-safe twigs or craft sticks**

Preheat the oven to 375 degrees.

Prepare the Cinnamon Topping as directed.

In a bowl, beat the sour cream, sugar, eggs and vanilla extract with an electric mixer at low speed for 30 seconds or until blended.

In a bowl, stir together the flour, baking powder, baking soda and salt. Add to the sour cream mixture, beating at low speed just until blended. (Do not overmix.) Stir in the diced apples.

Spoon into a lightly greased 12-cup muffin pan, filling three-fourths full. Sprinkle with Cinnamon Topping.

Bake for 18 to 20 minutes or until golden brown and a wooden pick inserted in the center comes out clean.

Immediately remove from the pans to wire racks, Cool completely (about 30 minutes).

In a microwave-safe bowl, microwave the caramels at HIGH for 1 to 2 minutes or until smooth, stirring at 30-second intervals. Let the mixture stand, stirring occasionally, for 5 minutes or until thick enough to coat the muffins.

Quickly dip the bottom three-fourths of each muffin into the caramel mixture. Roll the bottom half of the caramel-coated portion of muffin in the chopped pecans. Place the muffins, caramel sides up, on lightly greased wax paper. (If the caramel mixture begins to harden before you've dipped all of the muffins, microwave the mixture a few seconds to soften.)

Insert food-safe twigs or craft sticks into the caramel-covered portions of muffins.

Yield: 12 muffins

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Per Serving (excluding unknown items): 2620 Calories; 77g Fat (26.6% calories from fat); 47g Protein; 434g Carbohydrate; 11g Dietary Fiber; 587mg Cholesterol; 2961mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 14 Fat; 13 1/2 Other Carbohydrates.