

Low-Glycemic Apple Cinnamon Breakfast Muffins

Wholesome muffins with Greek yogurt, oats, and flaxseed that won't spike your blood sugar. Perfect for diabetes-friendly meal plans and sustained energy.

Prep: 15 min

Cook: 22 min

Total: 37 min

Servings: 16

GL 16.6 / GI 46

Ingredients

High protein content slows glucose absorption nonfat plain Greek yogurt

Provides protein to stabilize blood sugar large eggs

Heart-healthy unsaturated fat canola oil

vanilla extract

Higher GI ingredient - balanced by fiber sources all-purpose flour

Consider reducing to 3/4 cup total for lower glycemic impact granulated sugar

Low GI whole grain, rich in beta-glucan fiber milled oats

High fiber and omega-3s, helps slow digestion flaxseed meal

May improve insulin sensitivity ground cinnamon

baking powder

salt

Lower sugar variety, good fiber content Granny Smith apples, peeled and chopped

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Instructions

Step 1

Preheat your oven to 350°F (175°C). Prepare two standard 12-cup muffin tins by lightly coating 16 wells with cooking spray or inserting paper liners. Set aside while you prepare the batter.

Step 2

In a large mixing bowl, whisk together the Greek yogurt, eggs, canola oil (or avocado oil), and vanilla extract until smooth and well combined. The yogurt provides protein that will help moderate the glycemic response of these muffins.

Step 3

In a separate medium bowl, combine the all-purpose flour (or use the almond flour swap for lower GI), 1 cup of the sugar (or use erythritol/monk fruit sweetener for minimal blood sugar impact), milled oats, flaxseed meal, 2 teaspoons of the cinnamon, baking powder, and salt. Whisk the dry ingredients together thoroughly to ensure even distribution.

Step 4

Gradually add the dry ingredient mixture to the wet ingredients, stirring gently with a wooden spoon or spatula on low speed if using a mixer. Mix only until the ingredients are just combined—the batter should remain slightly lumpy. Overmixing will create tough, dense muffins.

Step 5

Gently fold the 2 cups of chopped Granny Smith apples into the batter using a spatula, distributing them evenly throughout. The tart apples add natural sweetness and fiber without excessive sugar.

Step 6

Using a 1/4-cup measuring cup or ice cream scoop, divide the batter evenly among the 16 prepared muffin wells, filling each about two-thirds full. This ensures uniform baking and proper portion sizes for consistent glycemic load per serving.

Step 7

In a small bowl, mix the remaining 2 tablespoons of sugar (or use 1 tablespoon of erythritol) with the remaining 1/4 teaspoon of cinnamon. Sprinkle this cinnamon-sugar mixture evenly over the top of each muffin for a lightly sweetened, aromatic crust.

Step 8

Bake for 20-22 minutes, or until the muffin tops are golden brown and spring back when lightly touched. A toothpick inserted into the center should come out clean or with just a few moist crumbs. Allow muffins to cool in the tin for 5 minutes before transferring to a wire rack. For best blood sugar management, pair with protein like eggs or nuts, and use the recommended ingredient swaps for optimal glycemic control.