

Apple Cinnamon Streusel Muffins

Ingredients:

- 1 ¾ cups white whole wheat flour or regular whole wheat flour
- 1 ½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup grated apple
- 1 cup apple diced into ¼" cubes
- ⅓ cup extra-virgin olive oil
- ½ cup maple syrup or honey*
- 2 eggs, preferably at room temperature
- ½ cup plain Greek yogurt (I used full-fat but any variety should do)
- ½ cup applesauce
- 1 teaspoon vanilla extract
- 1 tablespoon turbinado
- 2 tablespoons all-purpose flour
- 2 tablespoons brown sugar, firmly packed
- 1 tablespoon butter, room temperature, cut into pieces
- 1 teaspoon cinnamon
- Pinch of salt

Directions

1. Preheat oven to 425 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or non-stick cooking spray (my pan is non-stick and doesn't require any grease).
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda and salt. Blend well with a whisk. Add the grated apple. Stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, applesauce and vanilla and mix well. Stir in diced apple. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). The batter will be thick, but don't worry! Divide the batter evenly between the 12 muffin cups.
4. In a small bowl, add the flour, sugar, cinnamon, salt, and butter. and pour on top of each muffin.
5. Bake for 17-20 minutes.
6. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for up to 2 days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

MADE WITH LOVE

by Teresa Forchand