

1.

Healthier Coffee Cake

INGREDIENTS

- 1 ½ cups white whole wheat flour OR all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- ¼ cup unsalted butter, softened (preferred), OR coconut oil
- ¼ cup coconut sugar (or light brown sugar)
- ¼ cup pure maple syrup
- 2 large eggs
- 1 tsp vanilla extract
- ¾ cup plain Greek yogurt (2% or whole preferred for moisture)
- 2 Tbsp milk (only if batter feels too thick)

Streusel Topping:

- ⅓ cup coconut sugar (or light brown sugar)
- ⅔ cup white whole wheat flour OR all-purpose flour
- 1 ½ tsp ground cinnamon
- ¼ tsp fine sea salt
- 3 Tbsp melted unsalted butter (preferred), OR avocado oil/coconut oil

DIRECTIONS

1. Preheat oven to 350°F. Grease and line either a 9x5-inch loaf pan (for layered version) or an 8x8-inch square pan (for single top crumble).
2. In a medium bowl, whisk flour, baking powder, baking soda, salt, and cinnamon.
3. In a large bowl, beat butter (or coconut oil) with coconut sugar until fluffy. Add maple syrup, then eggs one at a time, then vanilla. Mix in Greek yogurt until smooth.
4. Gently fold in dry ingredients. Add milk if batter feels too thick (should be spreadable, not runny).
5. In a small bowl, mix coconut sugar, flour, cinnamon, and salt. Stir in melted butter (or oil) until crumbly.
6. Assembly Options:
 - a. Loaf pan: Spread half of the batter in the pan, sprinkle with half the streusel, then repeat with remaining batter and streusel.
 - b. 8x8 pan: Spread all batter in pan, then top evenly with all of the streusel.
7. Bake 40–50 minutes (loaf) or 25–30 minutes (8x8) until a toothpick in the center comes out clean. Tent with foil if topping browns too quickly.
8. Cool: Let cool at least 20 minutes before slicing.

