

from meimuffins.com -- Mary Edith's muffins are the Best!

## Apple Streusel Muffins

Preheat oven to 375 degrees.

First, make the Streusel Topping. In a small bowl mix

1/2 c chopped walnuts  
1/4 c whole wheat pastry flour  
2 T sugar  
1/4 t cinnamon  
2 T butter, at room temperature

with a fork or fingers until the butter is evenly distributed.

Then, make the muffin batter:

3/4 c whole wheat pastry flour  
3/4 c unbleached white flour  
1/4 c sugar  
2 t baking powder  
1/4 t baking soda  
1 t cinnamon  
1/4 t allspice  
1/4 t salt

2 eggs  
1 c yogurt or sour cream  
1/4 c melted butter or canola oil

1 c diced apple - choose a tart apple such as Granny Smith

Mix dry ingredients in a large bowl.

Beat eggs in a separate bowl.

Add yogurt or sour cream and oil to eggs, whisk until smooth.  
Stir in apples.

Pour wet ingredients over dry ingredients, mix until just moistened.

Fill muffin cups and top each with 2 t of the Streusel Topping.

Makes 12 muffins. Bake 22 min on an insulated cookie sheet.

Can substitute 1/8 c honey for the sugar.  
Strawberries are good, too!