**Sunflower Streusel Muffins**

**Ingredients:**
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup sunflower seed butter
- 1 cup brown sugar
- ½ cup oil
- 1 egg
- ½ cup half and half
- 1 cup mixed nuts, finely chopped and divided

**Streusel topping**
- 4 tablespoons butter
- 4 tablespoons sugar
- ¼ teaspoon cinnamon
- ¼ cup flour

**Directions:**
- Pre-heat oven to 375 degrees. Line muffin tin with paper liners, if desired, otherwise grease well.
- Combine flours, baking powder and salt. Set aside.
- Using mixer, combine sunflower butter, sugar, oil, egg and vanilla. Add half and half and mix well.
- Spoon dry ingredients to matter and mix until just combined. Stir in half of the chopped nuts.
- Spoon batter into muffin tin- filling ¾ full.
- Mix remaining chopped nuts with the ingredients for the streusel topping. When crumbly, sprinkle of the top of each muffin.
- Bake 25 minutes or until tops are brown and knife inserted into center of muffin comes out clean.

**Variation:** substitute peanut butter for the sunflower seed butter and add mini chocolate chip to the batter instead of chopped mixed nuts

**Nutritional facts:**
- 12 servings
- 415 calories per serving
- Fat: 25.8g
- Carbs: 42g
- Protein: 7.1g
- Fiber: 2g

Recipe adapted from Sunflower Muffins by Cara Anselmo published in Food &Nutrition Magazine May/June 2013.

Maximize calories by spreading with butter, peanut butter or cream cheese before eating!