

## *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!