



Pumpkin Apple Muffins with Cinnamon Streusel

1 ½ c all purpose flour
1 c. wheat flour
¾ c. white sugar
¾ c. brown sugar
½ Tablespoon cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground ginger
½ teaspoon nutmeg
1 teaspoon baking soda
½ teaspoon salt
2 eggs, lightly beaten
1 cup canned pumpkin puree
1 teaspoon vanilla
¼ cup canola oil
¼ cup applesauce
2 cups peeled, cored and chopped apples (I used Granny Smith apples)

Streusel topping:

2 Tablespoons all purpose flour
¼ cup sugar
1 teaspoon cinnamon
Sprinkle of nutmeg
4 teaspoons butter, softened
2 Tablespoons oats

Directions:

Preheat oven to 350 degrees. Lightly grease muffin cups or use paper liners. I used regular and mini muffin tins.

In a large bowl, sift together 2 ½ cups flour, 1 ½ cups sugar, spices, baking soda and salt. In a separate bowl, mix together eggs, pumpkin, vanilla, oil, and applesauce. Add pumpkin mixture to flour mixture; stirring just enough to moisten. Do not over mix. Fold in apples. Spoon batter into prepared muffin cups.

In a small bowl, mix together 2 T. flour, ¼ cup sugar, 1 teaspoon ground cinnamon, nutmeg, and 2 tablespoons oats. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter.

Bake in pre-heated oven for about 20 minutes for the regular muffins and about 12-15 for the mini muffins. Check on them frequently. Use the toothpick trick!
Let cool and enjoy!

Nutrition Facts

Serving Size: One regular (NOT jumbo) or two mini muffins

Calories	150
Total Fat	3.5g
Saturated Fat	1g
Cholesterol	20mg
Sodium	110mg
Carbohydrates	28g
Dietary Fiber	1g
Sugars	17g
Protein	2g

Diabetic Exchanges

Protein	.5
Fat	1
Carbohydrates	2