



## Apple Streusel Muffins

**Streusel:** Stir together in a separate bowl:

6 T butter  
1/3 c brown sugar  
1/3 c flour  
1/3 c oats

**Muffins:**

|                           |                        |
|---------------------------|------------------------|
| 1 1/4 C all purpose flour | 1 t cinnamon           |
| 1/4 C ground flax seed    | 1 1/2 C chopped apples |
| 1/2 C whole wheat flour   | 1/2 C butter           |
| 1 t baking powder         | 1 C sugar              |
| 1/2 t soda                | 2 eggs                 |
| 1/2 t salt                | 1 1/2 t vanilla        |

1. Beat butter, sugar, eggs together. Add vanilla.
2. Stir in apples. Gradually mix in flour.
3. Top with streusel.
4. Bake at 375<sup>o</sup> for 20 minutes.