

# Apple Streusel Muffins with Maple Drizzle

## Ingredients

### Streusel:

- 2 tablespoons old-fashioned rolled oats
- 2 tablespoons spelt flour (if you don't have spelt flour you can use all-purpose)
- 1 tablespoon brown sugar
- 1 tablespoon butter, melted
- 1/2 teaspoon ground cinnamon

### Muffins:

- 5 ounces spelt flour (about 1 cup) (if you don't have spelt flour you can use all-purpose)
- 2.5 ounces whole-wheat pastry flour (about 1/2 cup)
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 3/4 cup low-fat buttermilk
- 1/2 cup brown sugar
- 2 tablespoons canola oil
- 1 tablespoon butter, melted
- 1 large egg, lightly beaten
- 1 Granny Smith apple, diced (about 1 1/4 cups)
- 1/2 cup powdered sugar
- 2 tablespoons maple syrup
- 1/2 teaspoon water

## Preparation

Preheat oven to 400°.

To prepare streusel, combine first 5 ingredients in a bowl; set aside.

To prepare muffins, weigh or spoon 5 ounces spelt flour and whole-wheat pastry flour into dry measuring cups; level with a knife. Combine flours, cinnamon, baking powder, baking soda, and salt in a medium bowl.

Combine buttermilk, 1/2 cup sugar, oil, 1 tablespoon melted butter, and egg in a bowl. Add buttermilk mixture to flour mixture, stirring just until combined. Fold in apple. Divide batter among 12 paper-lined muffin cups; top evenly with streusel. Bake at 400° for 16 minutes or until a wooden pick inserted in the center comes out with moist crumbs clinging. Cool in pan 5 minutes. Remove from pan; cool completely.