

LITE PUMPKIN STREUSEL MUFFINS



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Yield: 14 muffins

INGREDIENTS

- 1/4 cup lite flaxseed oil butter, softened
- 1/2 cup truvia baking blend
- 1/4 cup packed brown sugar
- 2/3 cup canned pumpkin
- 1/2 cup unsweetened almond milk
- 2 eggs, lightly beaten
- 2 tablespoons molasses
- 1 teaspoon grated orange peel
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 to 1 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- STREUSEL TOPPING:
 - 1/3 cup all-purpose flour
 - 3 tablespoons brown sugar
 - 2 tablespoons cold lite flax butter

INSTRUCTIONS:

In a large bowl, cream butter and sugars until light and fluffy. Beat in the pumpkin, buttermilk, eggs, molasses and orange peel. Combine the flour, baking soda, baking powder, pumpkin pie spice and salt; gradually add to pumpkin mixture just until blended. Fill greased or paper-lined muffin cups two-thirds full.

For topping, combine flour and brown sugar; cut in butter until mixture is crumbly. Sprinkle over batter. Bake at 375° for 20-25 minutes or until a toothpick inserted in the muffin comes out clean. Cool in pan for 5 minutes before removing to a wire rack.

NUTRITIONAL INFORMATION

Servings	Calories	Fat	Protein	Carbohydrates	Sodium
1 muffin	115	3g	3g	15g	300mg

Diabetic Exchanges: 1 1/2 starches