

Strawberry - Rhubarb Muffins with Cardamom Streusel

Makes about 12 muffins

For the streusel:

- 6 tablespoons all-purpose flour
- 3 tablespoons granulated sugar
- 1/2 teaspoon cardamom
- 1/8 teaspoon salt
- 2 tablespoons cold unsalted butter, cut into small pieces

For the muffins:

- 1.5 cups unbleached flour
- 1 cup whole wheat pastry flour
- 1/2 tsp salt
- 1.5 tsp baking soda
- 1/4 tsp cardamom

- 1 egg, beaten
- 1/2 cup maple syrup
- 1/2 stick melted butter
- 1/4 cup applesauce
- 1/2 cup low-fat plain yogurt (or 1/2 cup buttermilk)
- 1 tsp vanilla
- 1 tsp grated orange rind (optional)

- 1 cup chopped rhubarb
- 1 cup sliced strawberries

Combine ingredients for streusel topping. Use fingers to make it into a coarse meal and set aside. Mix dry in a large bowl. Mix wet separately. Add wet to dry. Stir in berries and rhubarb. Spoon into greased muffin pan. Top with rounded teaspoon of streusel topping. Bake at 350 for 20-25 minutes. Devour, especially if warm.

Note:

If you aren't looking to lower the fat . . . replace 1/2 stick + applesauce with one stick of melted butter.

