

Lavender-Blueberry Streusel Muffins

Makes 12-16 muffins



Streusel Topping

½ to ¾ tsp dried lavender blossoms

3 Tblsp. sugar

¼ cup unbleached flour

2 Tblsp. butter, softened

Leave topping off for lower fat



Muffin Ingredients

1 cup unbleached flour

1 cup whole-wheat flour

2 tsp baking powder

½ to ¾ tsp dried lavender blossoms

1 cup organic sugar (cane juice crystals)

OR ½ cup Splenda blend OR ½ cup sugar
& ½ cup sucralose

2 cup fresh blueberries (or frozen, thawed)

1 Tblsp. blackberry or raspberry preserves
(or ¼ or so of fresh black or raspberries)

½ cup milk

½ cup (1 stick) unsalted butter

Low-fat substitution: 6 Tblsp. applesauce &

2 Tblsp. low-fat margarine

2 eggs

½ tsp vanilla extract

1. Preheat oven to 375 degrees F. Grease muffin tin and set aside.
2. In a large bowl, stir together flours, sugar, baking powder and lavender.
3. If using frozen berries, measure into bowl and fill with warm water to thaw, then drain.
4. Melt butter or margarine in microwave (about 35 sec.) in a microwave-safe bowl or large Pyrex pitcher. Add applesauce (for low-fat version). Beat in eggs and vanilla. Add milk, stirring to combine. Pour into dry ingredients and mix well. If batter is stiff, add a couple of spoonfuls more milk.
- 5 Fold in blueberries. Divide batter among muffin cups.
5. Streusel: in small bowl, combine lavender, sugar, and flour. Cut in butter until mixture resembles coarse crumbs. Sprinkle streusel on top of each muffin cup.
6. Bake muffins 30-35 minutes, until tester inserted in center comes out clean. Cool in pan for 5-10 minutes, then remove to a wire rack to cool completely.