CINNAMON PECAN MUFFINS

Topping:

3 Tablespoons all-purpose flour
3 Tablespoons brown sugar
½ teaspoon ground cinnamon
2 Tablespoons butter
3 Tablespoons toasted pecans, chopped

Dry Ingredients:

¾ cups all-purpose flour
¾ cups whole wheat flour
1 ¼ teaspoon baking powder
¼ teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
¼ teaspoon Kosher salt
¼ cup butter

Wet Ingredients:

¼ cup applesauce
¼ cup maple syrup
½ cup 2% milk
1 egg

Directions:

Put pecans on a baking sheet. Bake for 5-10 minutes in a 350* oven. Let cool and chop. Cut in or pulse in a food processor pecans with flour, brown sugar, cinnamon and butter. Set aside.

Pre-heat oven to 400*. Put muffin liners in a muffin pan.

Combine all dry ingredients. Cut butter into sections and cut into mixture until crumb-like.

Combine wet ingredients. Mix until blended. Then add dry ingredients. Stir until dry ingredients are wet. Mixture will be lumpy.

Layer muffin mixture as follows: Spoon half of muffin mixture in the muffin liners. Then spoon half of the topping over muffin mixture. Fill with remaining muffin mixture. Finish with topping.

Bake for 15 minutes.

Makes 12 muffins.

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