

PUMPKIN APPLE STREUSEL MUFFINS - from Eat More Whole Grains

2 ½ cups barley flour*
1 ¾ cups sugar
2 tsp. cinnamon
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
2 eggs, beaten
1 cup cooked pumpkin
½ cup oil
2 cups chopped apples**

Combine and mix dry ingredients and set aside. In the Bosch bowl combine the eggs and beaten lightly and add the oil and pumpkin. Beat well. Add the dry ingredients and jog just until moistened and lumpy. Stir in apples by hand very lightly. Spoon into greased muffin pans. Sprinkle with streusel. Bake at 350F. for 25 – 30 min. until browned. Cool on a rack.

*or whole wheat flour or part whole grain with part all-purpose flour

**or 2 cups of apple pie filling – chop slices for smaller pieces.

Streusel Crumbs

1 cup barley flour*
¼ cup sugar
¼ cup softened margarine

Combine and crumble. Sprinkle on unbaked muffins.

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