



Pumpkin Streusel Muffins



1/12 of recipe (1 muffin): 134 calories, 3g total fat (0.5g sat. fat), 265mg sodium, 33g carbs, 3g fiber, 3g sugars, 4.5g protein

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Prep: 20 minutes **Cook:** 20 minutes



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Ingredients

Streusel

1/4 cup whole-wheat flour
3 tbsp. old-fashioned oats
3 tbsp. brown sugar
2 tbsp. light butter
1/4 tsp. cinnamon

Muffins

1 1/2 cups whole-wheat flour
2/3 cup no-calorie sweetener that measures like sugar
1/2 cup all-purpose flour
1 tbsp. baking powder
1 tsp. cinnamon
1/2 tsp. baking soda
1/4 tsp. pumpkin pie spice
1/8 tsp. salt
1 cup canned pure pumpkin
1/2 cup (about 4 large) egg whites or liquid egg substitute
1/4 cup light butter
1/4 cup unsweetened vanilla almond milk
1 tsp. vanilla extract

Directions

Preheat oven to 350°F. Line [a 12-cup muffin pan](#) with foil baking cups, or spray it with nonstick spray.

Combine streusel ingredients in a medium bowl. Mix and mash until uniform and crumbly.

In a large bowl, combine dry muffin ingredients: whole-wheat flour, sweetener, all-purpose flour, baking powder, cinnamon, baking soda, pumpkin pie spice, and salt. Mix well.

In a medium bowl, combine remaining muffin ingredients: pumpkin, egg whites/substitute, butter, almond milk, and extract. Whisk until uniform. Add mixture to the large bowl of dry ingredients, and stir until just mixed and smooth. (Batter will be thick.)

Evenly distribute batter among the cups of the muffin pan, and smooth out the surfaces. Top with streusel mixture.

Bake until a toothpick inserted into the center of a muffin comes out clean, 18–20 minutes.

MAKES 12 SERVINGS

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