

MANGO TANGO WHOLE WHEAT MUFFINS

Ingredients:

3/4 c all purpose flour
3/4 c white whole wheat flour
2 t baking powder
1/2 t salt
3/4 c almond milk
1/3 c vegetable oil
1 large egg
2 t vanilla extract
1/4 c agave nectar
1/2 c **Emily G's Mango Tango Jam**

Topping:

3 T unsalted butter (cold)
1 t ground cinnamon
2 T all purpose flour
1/4 c rolled oats

Preheat the oven to 350°F and spray 12 standard-sized muffin tins with baking spray. Combine the flours, baking powder, and salt in a medium bowl. Whisk to combine. In a separate bowl, combine the milk, vegetable oil, vanilla, egg, and agave. Whisk to combine. Add the wet ingredients to the dry and stir just enough to combine. It will be lumpy. Portion out the batter into the prepared muffin tins. Add roughly 2 teaspoons of jam to the center of each muffin.

In a separate bowl combine the ingredients for the topping (butter, cinnamon, flour, and oats). Using your fingers break the butter into small pieces. Once the topping is combined it will look crumbly. Top the muffins with the streusel (roughly 1 tablespoon per tin).

Bake at 350 degrees until the muffins are browned on top and a toothpick inserted in the center of the muffins comes out clean, about 15-20 minutes.

Option: Serve immediately or save for an on the go breakfast. They also freeze well by wrapping in foil. They will keep for 1-2 months in the freezer.



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