

STRAWBERRY STREUSEL BLENDER MUFFINS

(MAKES 6 SERVINGS, 2 MUFFINS EACH)

TOTAL TIME: 25 MIN.
PREP TIME: 10 MIN.
COOKING TIME: 15 MIN.



FOR MUFFINS:

Muffin papers/cupcake liners
Nonstick cooking spray
2 cups strawberries, *divided use*
1½ cups dry rolled oats
1 tsp. baking powder
1 tsp. ground cinnamon
6 packets powdered stevia
4 large eggs
1 cup unsweetened applesauce
2 tsp. pure vanilla extract
**1 medium lemon, zested
(reserve lemon for another recipe)**

FOR STREUSEL:

2 Tbsp. dry rolled oats
2 Tbsp. finely chopped unsalted pecans
2 tsp. brown sugar
1 tsp. extra-virgin organic coconut oil
½ tsp. ground cinnamon

1. Preheat oven to 350° F.
2. Line a muffin pan with 12 muffin papers; lightly coat with spray. Set aside.
3. Slice 1¼ cups strawberries; set aside.
4. Place oats, baking powder, cinnamon, and stevia in a blender; cover. Pulse 2 to 3 times until oats resemble very course flour.
5. Add eggs, applesauce, *remaining* ¾ cup strawberries, extract, and lemon peel; cover. Blend until smooth.
6. Evenly divide batter among prepared muffin cups, filling each approximately ¾ full.
7. Evenly divide sliced strawberries among muffin cups; gently press berries into batter. Set aside.
8. To make streusel, place oats, pecans, brown sugar, oil, and cinnamon in a small bowl; stir until well combined.
9. Sprinkle streusel evenly on top of muffin cups, approximately 1½ tsp. each.
10. Bake for 13 to 15 minutes, or until golden brown and toothpick inserted into the center comes out clean.
11. Transfer muffins to a cooling rack. Serve immediately, or store refrigerated in an airtight container for up to 4 days.

Tips:

- If you have a silicone muffin pan, there's no need to use muffin papers. Just use a little spray.
- Swap applesauce with 2 large mashed bananas, if desired.
- For a less rustic streusel topping, pulse in the blender a few times. You don't need to chop the pecans if using a blender.
- Swap strawberries with any seasonal berries or stone fruits like peaches or apricots.
- To make gluten-free, use gluten-free rolled oats.
- You can also substitute coconut oil with ghee.
- To reheat so the streusel topping is crispy, pop your muffin in the toaster oven for a few minutes.

Recipes containing the **ND** icon indicate the recipes are not made with dairy ingredients.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



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