

BLACKBERRY CARDAMOM + HAZELNUT MUFFINS

Prep Time: 15 minutes **Cook Time:** 18 minutes **Total Time:** 33 minutes

Course: Breakfast

Cuisine: American

Servings: 7-8

- 8 TB unsalted butter, melted
- ½ cup maple syrup (144g)
- ½ cup unsweetened applesauce (135g)
- 2 eggs
- 1 1/2 tsp pure vanilla extract
- 1 3/4 Cups or 222 grams Whole Wheat Pastry Flour (I prefer to weigh out the flour for accuracy)
- 1 tsp baking powder
- ½ tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp cardamom
- ¼ tsp salt
- 1 cup of frozen blackberries chopped
-

Instructions:

1. Preheat the oven to 350°F (175°C). Line a muffin pan.
2. In a large bowl, whisk together the melted butter, maple syrup, applesauce, eggs, and vanilla extract.
3. Add the pastry flour, baking powder, baking soda, cinnamon, cardamom and salt to the wet ingredients. Stir until just combined.
4. Add blackberries and gently fold into the batter.
5. Scoop the thick batter into the muffin pan and top with about 1 TBS of topping
6. Bake for 18–20 minutes, until the tops are firm. (Check at 18 minutes, as ovens may vary.)
7. Let the muffins cool for a few minutes before enjoying.
8. Store in an airtight container in the fridge for up to a week, or freeze for longer storage.

HAZELNUT CRUMB TOPPING

Ingredients:

1 cup all-purpose flour
3/4 cup hazelnuts, coarsely chopped
3/4 cup packed dark brown sugar
1 teaspoon ground cardamom
1 teaspoon ground cinnamon
1/4 teaspoon kosher salt
1/2 cup (1 stick) unsalted butter, cut into cubes

Instructions:

1. In a large bowl, combine the flour, hazelnuts, brown sugar, cardamom, cinnamon, and salt. Mix well.
2. Add the cubed butter to the bowl. Using your fingers, work the butter into the dry ingredients until the mixture is coarse and crumbly.
3. Transfer the crumble topping to a container and refrigerate until ready to use.

This crumble makes another for several batches of muffins. Feel free to cut the recipe in half or keep some in the fridge for your next batch!