

Gingerbread Crumb Muffins

Summary

Yield	Servings
Source	wailana
Prep time	10 minutes
Cooking time	30 minutes
Total time	40 minutes

Description

Muffins are so quick and easy to prepare that you can make a batch and have them on hand for breakfast, school lunches, snacks, or the sweet end to any light meal. These muffins have extra zip and flavor due to the addition of crystallized ginger.

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Ingredients

1 1/4 c
Unbleached white flour
2/3 c
Sugar
1/2 tspn
Cinnamon
1 tspn
Ground ginger
1/4 tspn
Nutmeg
1/8 tspn
Salt
1/8 tspn
Ground cloves
3 Tbsp
crystallized ginger, finely chopped
1/4 c
chilled butter or nonhydrogenated soy margarine
1/2 tspn
Baking powder
1/2 tspn
Baking soda

2 Tbsp
egg replacer powder or BiPRO*
3/4 c
low-fat sour cream
2 Tbsp
unsulfured molasses

Water in a spray bottle

Instructions

1. Preheat the oven to 350°F. Combine the first set of ingredients in a medium bowl. Cut in the butter or margarine with a pastry blender until it resembles coarse meal. Set aside 1/2 cup of this mixture for the crumb topping.
2. Add the baking powder, baking soda, and egg replacer to the remaining flour mixture and mix lightly. Add the sour cream and molasses and whisk until well blended. Spoon into a lined or oiled standard 12-cup muffin tray, filling each cup no more than 3/4 full.
3. Spray a few squirts of water onto the reserved topping mixture and stir with a fork. Mix and repeat until the flour forms a nice crumble. Sprinkle a teaspoon of crumble over each muffin. Bake for 15-20 minutes, or until a toothpick inserted into the center comes out clean.

Notes

*BiPRO is an egg substitute powder made from whey that can sometimes be found in large health food stores. Use egg replacer powder if unavailable.

Nutritional Information Per Serving:

Calories: 177, Fat 5.7g (52 cal), Carbohydrate 29.4g (117 cal), Protein 1.9g (8 cal)

Added information: Saturated Fat 3.5g, Cholesterol 16mg, Sodium 149mg, Dietary Fiber 1.3g

Source URL: <http://www.wailana.com/lifestyle/recipe/gingerbread-crumb-muffins>