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Cakey Strawberry Muffins with Streusel Topping

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These are not your mainstream muffin. Well, not that anything I do is really mainstream.

Technically, mainstream is defined by Wikipedia as *'the common current thought of the majority. It includes all popular culture and media culture, typically disseminated by mass media.'*

After reading that, I got to thinking. ***Mainstream*** really is not what I've ever wanted. I look at my life and though it may seem somewhat conventional from the outside, it's not really. First I married a man who went out of his way to make things unconventionally a BIG DEAL (most of the time in an amazingly good way!). I mean, really, we are talking about a guy who planned scavenger hunts around entire cities for anniversary gifts and wore a purple Mohawk after he was diagnosed with cancer just because he could! Ten years ago, I began my own business so I could do things my own way when working in my comfortably paid position might have led to a more 'stable' lifestyle. Then, things got a little crazy with kids, cancer and all the craziness that comes with widowhood and, alas, parenting alone.

But I didn't stop there. Now I'm closing up shop with my business I started so long ago…all so I can create a life I believe is more in line with my calling. *I no longer want to follow the fads of the fitness industry or comply with the cultural norms of living well.*

I want Christ to define it all. And that is unconventional in this culture.

So, when I taste something that's a little different, when I sink my teeth into a dense pound-cakey kind of muffin rather than the store-bought fluffiness filled with white flour and processed fillers, I revel in all that 'different-ness'.

Maybe you're with me. Maybe you're not. But I dare you to live a little different. Be unique and UN-conventional once and a while. Because whether it's how you eat or what you choose, living against the norm of this world wrought with 'girls gone wild' and (dare I say) Forty Shades of Grey, might be a

bit more like what we want our children to see us emulate. At least I want mine to see me living well independent of popular culture.

So, here we are…back at strawberry, streusel-topped, grain-free and 100% real morning muffins. Give ‘em a try and see if you can go unconventional in your kitchen!

Recipe category

Food Fit for the Morning [1]
Snacks and This & That [2]

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Ingredients

- 2 cups almond flour*
- ½ cup coconut flour
- 6 eggs (I buy organic and pasture-raised when possible)**
- ½ cup honey
- 1 teaspoon pure vanilla extract
- ½ teaspoon Celtic sea salt
- 1 cup fresh, chopped strawberries…I may have mounded mine high!
- 1 tablespoon butter
- 1 teaspoon baking powder
- Baking spray, butter or coconut oil to grease the muffin tins
- Streusel:
- 2 tablespoons coconut oil, softened
- ¼ cup almond flour
- ⅓ cup chopped nuts (I used chopped walnuts but pecans would be great too!)
- 1 tablespoon pure maple syrup or honey
- ½ teaspoon cinnamon

Recipe Instructions

- Preheat oven to 350 degrees Fahrenheit. Grease large 8 muffin cups with coconut oil or butter. I used a combination of large sized silicone cupcake liners and a 24 count mini-muffin pan.
- In a mixing bowl combine almond flour, coconut flour, baking powder and salt.
- In a separate bowl, mix all streusel ingredients and set aside.
- In yet another bowl whisk together eggs (and optional 'flax eggs'), honey, butter and vanilla.
- Add the egg mixture to the dry ingredients and blend thoroughly, but not over-blending.
- Gently fold in strawberries and pour or spoon batter into muffin tins.
- Sprinkle with streusel topping.
- Bake for about 35 minutes (large muffins) and 15 minutes (mini-muffins). Ovens vary and the consistency of these can be confusing. Once they are golden (see photos) and the toothpick comes out with dry-ish crumbles on it, pull them out. The tops should spring back.
- ENJOY warm! Or freeze what you will not eat in a day or two.

Featured Image



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Recipe Description

> Technically grain free, I love the moist, cakey texture of these happy little muffins. Almond and coconut 'flours' plus ample fresh eggs create a morning treat filled with protein, good fats and, yes, even protein. Plus, how can you go wrong with a little crumble on the top!?

Recipe Notes

*I prefer this almond flour but you can usually buy some any almost any larger-sized grocery store. Buy my favorite Honeyville almond flour here. [3]

**Your local farmer's market may have a wonderful option for fresh, pastured eggs. On another note, I have made these with 3 eggs plus 3 tablespoons of milled flax mixed with 6 tablespoons warm water ('flax eggs'). It works great and adds some good fats.

Buy milled flax here [4]

Buy coconut flour here [5]

Buy coconut oil here [6]

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