

# Lemon Lavender Crumb Muffins

Adapted from Taste of Home



## Servings: 20

1. Preheat oven to 350°F.
2. In a large bowl, combine the flour, sugar, baking soda, lavender and salt. In another bowl, combine the eggs, sour cream, applesauce, butter, lemon zest and juice. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full.
3. In a small bowl, combine flour and sugar; cut in butter until mixture resembles coarse crumbs. Sprinkle over batter.
4. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from pans to wire racks.
5. **GLAZE:** (if using) In a small bowl, whisk glaze ingredients; drizzle over warm muffins. Serve warm.

3 cups all-purpose flour  
2 cups sugar  
3/8 teaspoon baking soda  
3/8 teaspoon salt  
1 tablespoon lavender buds, crushed  
4 large eggs, room temperature  
1 cup Greek yogurt, fat-free  
1/2 cup butter, melted  
1/2 cup applesauce  
3 tablespoons grated lemon zest  
1 tablespoon fresh lemon juice  
**TOPPING:**  
3/8 cup all-purpose flour  
3/8 cup sugar  
2 tablespoons cold butter, cubed  
**GLAZE: (optional)**  
1/4 cup sugar  
2 2/3 tablespoons lemon juice

*Per Serving (excluding unknown items): 253 Calories; 7g Fat (24.3% calories from fat); 5g Protein; 44g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 132mg Sodium; 27g Total Sugars; trace Vitamin D; 12mg Calcium; 1mg Iron; 47mg Potassium; 45mg Phosphorus.  
Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**