

## Cinnamon Streusel Breakfast Cake (Whole Grain)

### Ingredients

#### Cake:

- 1 1/2 c. freshly ground whole wheat flour
- 1/4 tsp. RealSalt or sea salt
- 2 1/2 tsp. baking powder
- 2 tsp. fresh orange zest, optional
- 1 large egg, beaten
- 3 Tbsp honey or 1/4 cup granulated sugar
- 3/4 cup whole milk
- 3 Tbsp melted butter or oil
- 1 1/2 tsp. vanilla extract



#### Topping:

- 1/4 cup honey or brown sugar
- 1 Tbsp. whole wheat flour
- 1 tsp. cinnamon
- 1 Tbsp. melted butter or oil
- 1/4 cup chopped nuts

### Instructions :

Preheat oven to 350F. Prepare the topping by mixing sugar, flour, cinnamon, and butter or oil in a small bowl. Set aside. In a medium mixing bowl, stir together the flour, salt, baking powder, and optional zest. Add the beaten egg, honey or sugar, milk, butter, and vanilla. Stir until thoroughly combined but do not over mix. Pour the batter into a greased 8x8" baking pan. Sprinkle the topping mixture over the batter. Bake for 25-30 minutes or until cake springs back when lightly touched.

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