

Pear and Ginger Muffins



Servings: 18

*3/4 cup packed brown sugar
1/3 cup olive oil
1 large egg
1 cup milk
2 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon ground ginger
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
2 cups pears, chopped*

In a bowl whisk together brown sugar, olive oil, and egg until well blended. Whisk in milk until combined.

In a separate bowl combine all-purpose flour, baking soda, ground ginger, salt, and ground cinnamon.

Gradually add the wet ingredients to the dry ingredients until blended. Stir in the pears.

Fill 18 paper-lined muffin cups two-thirds full.

Bake in a 350°F oven for 18-22 minutes or until a toothpick inserted in the middle comes out clean.

Cool for 5 minutes before removing from the pan to wire racks.

Serve Warm

Per Serving (excluding unknown items): 161 Calories; 5g Fat (26.9% calories from fat); 3g Protein; 27g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 98mg Sodium; 12g Total Sugars; trace Vitamin D; 49mg Calcium; 1mg Iron; 85mg Potassium; 65mg Phosphorus.
Exchanges: .