

Ginger Pear Muffins

Ingredients:

- 1 ½ cups self-raising flour
- 1 cup whole-wheat flour
- 1 tbsp baking powder
- 2 tsp ground ginger
- ¾ cup brown sugar
- 2 tbsp margarine, melted
- ¾ cup milk
- ¾ cup low fat plain yogurt
- 1 large egg
- 2 large, ripe pears, peeled and grated



Making it:

1. Preheat oven to 180°C (350°F).
2. Lightly grease a 12-hole muffin pan.
3. Sift flours, baking powder, salt and ground ginger into a large bowl.
4. Stir in sugar and make a well (hole) in the centre.
5. In a small bowl, whisk margarine, milk, yogurt, egg and pear together then add to flour mixture.
6. Stir gently until mixture is just combined but do not over mix (about 13 big spoon mixes is ideal).
7. Spoon mixture into pan.
8. Bake for 20-25 minutes or until muffins are well risen and spring back to the touch. Leave in pan for a few minutes to cool then tip out of pan using butter knife if necessary. Best leave to cool on wire rack if you have one.

Tips and Hints:

- For add a zestness to your muffins try adding dried crystallized ginger pieces to muffin batter at the final mixing stage. You can find this item in bulk or dried food section.

NUTRITION FACTS

Servings: 12
 Serving Size: 1 muffin

Total Calories	205
Carbohydrate	40 g
Total Fat	3 g
Protein	5 g
Fiber	3 g

Prep Time: 20
 Cook Time: 20-25