

Pear & Ginger Muffins



Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 12

Profitability:

Author: Amanda Hamilton for Spelt by Roger Saul

Ingredients:

For greasing unsalted butter

150g wholegrain or seeded spelt flour

150g rolled oats

2 tsp baking powder

1 tsp bicarbonate of soda

1 tsp ground ginger

1 tsp ground cinnamon

¼ tsp freshly grated nutmeg

225g pear purée

4 egg whites

125g natural yoghurt

200g clear honey

115g sultanas

1 firm pear, peeled, cored and diced

Steps:

Preheat oven to 190°C/375°F/Gas 6 and grease a 12-hole muffin tin or line with squares of baking paper

Put flour, oats, baking powder, bicarbonate of soda and spices in a large bowl and make a well in the centre

In a separate bowl, mix together pear purée, egg whites, yoghurt and honey. Pour this mixture into the well in the dry ingredients and gently fold together to combine, being careful not to overmix

Gently fold in the sultanas and diced pear. Do not overmix

Spoon the mixture into the muffin tin. Bake for 20–25 minutes

Transfer to a wire rack to cool for 5 minutes before unwrapping