

Fresh for Kids® Pear & pecan muffins with crunchy topping



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Preparation: about 20 minutes
Cooking: about 20 minutes
Makes: 12

Use packham or beurre bosc pears for this recipe. Buttermilk gives the muffins a lovely light texture.

2 cups self-raising flour
1 tsp ground cinnamon
Pinch salt
¾ cup brown sugar
¼ cup pecan nut pieces
2 medium (450g) just ripe pears,
peeled and diced
2 eggs, lightly beaten
100ml buttermilk or milk
150ml rice bran oil or canola oil

Crunchy topping

1 tbs caster sugar
1 tbs chopped pecan pieces

1. Preheat oven to 200°C/180°C fan forced. Line a 12-hole (½ cup capacity) muffin pan with paper cases.
2. Sift flour, cinnamon and salt into a large bowl. Stir in sugar and pecan nuts. Peel, core and cut pears into a 1–2 cm dice. Stir pears through dry ingredients.
3. Combine eggs, buttermilk and oil in a jug. Using a large metal spoon, lightly stir oil mixture into dry ingredients until just combined. Spoon into muffin pan. Combine topping ingredients in a small bowl and sprinkle mixture evenly over muffins. Bake for 20 minutes until golden and cooked through. Cool in pan for 10 minutes before turning out onto a wire rack.

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Pears

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice.
- Provide vitamin C, a vitamin that is important for healthy gums and blood vessels.
- A fruit with a low GI, which means it gives a sustained release of energy.