

Pear & pecan muffins



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Preparation: about 20 minutes
Cooking: about 25 minutes
Makes: 12

2 cups self-raising flour
1 tsp ground cinnamon
Pinch salt
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{4}$ cup chopped pecan nuts
2 medium (450g) just-ripe pears
(Beurre Bosc or Packham)
2 eggs, lightly beaten
100ml buttermilk or milk
150ml rice bran or canola oil
Icing sugar, for dusting

Topping:

1 tbs caster sugar
1 tbs chopped pecan nuts

1. Preheat oven to 200°C/180°C fan-forced. Line a 12-hole (1/2 cup capacity) muffin pan with paper muffin wraps or 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 and buttermilk or milk and oil in a jug. Using a large metal spoon, stir oil mixture into dry ingredients until just combined. Spoon into muffin pan. Combine topping ingredients in a small bowl and sprinkle evenly over muffins. Bake for 20-25 minutes until golden and cooked through. Cool in pan for 10 minutes before turning out onto a wire rack to cool. Lightly dust muffins with icing sugar and serve.



Pears

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice. Pears are also a natural source of sorbitol, which helps keep the body regular.
- Provide vitamin C, an important vitamin for healthy gums and blood vessels.
- A fruit with a low GI, which means it releases its natural sugars slowly.