

THE DIETITIANS NETWORK OF NOVA SCOTIA

Pear Gingerbread Muffins

Looking for a Thanksgiving recipe that will meet the dietary needs of all your guests? Look no further! These muffins are dairy-free, and can also be made gluten-free and/ or vegan (just follow the modifications). Reminiscent of gingerbread cookies, they are great for an afternoon snack or a light dessert.

Recipe Name:	Pear Gingerbread Muffins
Recipe By:	Adapted by Antonia Harvey, RD from http://robustrecipes.com/gingerbread-pear-muffins/
Makes:	12 muffins
Ingredients:	2 overripe pears 2 ¼ cups of rolled oats*, ground into oat flour in a food processor 1 ½ teaspoons baking soda 2 teaspoons baking powder 2 teaspoons cinnamon 1 teaspoon dried ginger 1 large egg** ¼ cup unsweetened apple sauce 1 teaspoon vanilla extract ½ cup molasses ½ teaspoon orange zest

Instructions:

1. Preheat the oven to 350°F (175°C). Lightly grease a 12-cup muffin tin or line it with non-stick muffin liners.
2. Using a cheese grater, grate the pears over a bowl. Be sure to use a bowl so that both the solids and liquids are kept.
3. In a medium bowl, stir together the oat flour, baking soda, baking powder, cinnamon, and dried ginger.
4. In a large bowl, whisk the grated pear, egg, apple sauce, vanilla, molasses, and orange zest.
5. Add the dry ingredients to the wet ingredients and gently stir to combine.
6. Fill each muffin cup $\frac{3}{4}$ full with batter. Bake for 18 – 20 minutes or until a toothpick inserted in the center of a muffin comes out clean.
7. Let the muffins cool for 10 minutes before removing from the muffin tin.
8. Store muffins in an airtight container for up to 4 days. Serve on their own, or with a spread (try butter/margarine or your favourite nut butter).

*To make the recipe gluten-free, use certified gluten-free rolled oats. These can be found in the health food section of most grocery stores.

**To make the recipe vegan, use a flax egg. To make a flax egg, mix 1 tablespoon of ground flaxseed with 3 tablespoons of warm water and let sit for 10 minutes. Add to the wet ingredients in Step 4 instead of the egg. If the recipe needs to be gluten-free, ensure that the ground flax seeds are gluten-free.