

Ginger Pear Muffins



Ingredients:

- 1 cup all-purpose flour
- 1 cup quick-cooking rolled oats
- 3 tablespoons packed brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 2/3 cup fat-free milk
- 1/3 cup cooking oil
- 1 egg, beaten
- 3/4 cup chopped pear
- 1/4 cup chopped walnuts
- non-stick cooking spray

Directions:

1. Preheat oven to 400 F. Lightly spray 12 muffin cups with cooking spray.
2. In a large bowl, combine flour, oats, brown sugar, baking powder, 1/4 teaspoon ground ginger, and salt. Make a small hole in the mix.
3. Whisk milk, oil, and egg together in a small bowl and pour into hole. Stir until batter is just moistened; fold in pear and walnuts. Fill prepared muffin cups with batter. Be careful not to over mix.
4. Bake until a toothpick inserted in the center of a muffin comes out clean, and tops are brown, 18 to 20 minutes. Cool in the pan for 5 minutes before removing from muffin cups.

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