

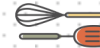


Pumpkin Pear Muffins



Ingredients

- 1/2 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/2 cup light brown sugar, packed
- 1/4 cup white sugar
- 1/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 (15-ounce) can pure pumpkin purée
- 1 large pear, small diced
- 1/2 cup plain or vanilla yogurt
- 1/4 cup canola oil
- 1/2 teaspoon vanilla extract
- Non-stick cooking spray



Directions

1. Preheat oven to 350° F.
2. In a large bowl, mix flours, brown sugar, white sugar, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. In a medium bowl, combine eggs, canned pumpkin, yogurt, oil, and vanilla. Mix well.
4. Add wet ingredients to dry ingredients. Stir until just combined. Do not overmix.
5. Stir in pears.
6. Spray pan with non-stick cooking spray. Fill each muffin cup about 3/4 full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 25-30 min. Cool in pan about 5 min. Tap muffins out of pan and cool completely.
7. Serve and enjoy. Serves 12, 1 muffin per serving.

Nutrition Facts

12 servings per container	
Serving size	1 Muffin
Amount Per Serving	
Calories	170
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 140mg	6%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 12g Added Sugars	24%
Protein 4g	8%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.