

Pear and Honey Muffins

Makes 12

Preparation time: 10 minutes

Ingredients:

120g plain flour
120g wholemeal flour
1 x happy egg - beaten
1½ teaspoon bi-carbonate soda
1½ teaspoon baking powder
½ teaspoon salt
1 flat teaspoon mixed spice
1 x 225g tinned pears
150ml natural yoghurt
2 x tablespoons vegetable oil
2 x tablespoons runny honey

Preheat the oven to 190C/375F or Gas
Mark 5



Method:

- 1 Line a muffin tin with muffin cases
- 2 Mix together the flours, bi-carbonate, baking powder, salt and mixed spice
- 3 Drain the pears and cut into small pieces. Stir them into the flour mixture
- 4 In a bowl mix together the honey, oil and yoghurt. Then add the flour mixture, stir together gently – do not beat the mixture
- 5 Spoon into the cases, and bake for about 20 minutes

Top Tip: To test they are cooked through, insert a cocktail stick into one and if the stick comes out clean they are ready

Serve warm or cold!

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