



Cinnamon & Ginger Pear Muffins

12 servings

35 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 2 tsp Lemon Juice
- 312 grams Unbleached All Purpose Flour
- 1/2 cup Brown Sugar
- 2 tsp Baking Powder
- 1 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Sea Salt
- 1/3 cup Avocado Oil
- 1 tsp Vanilla Extract
- 2 Pear (medium, finely diced)

Nutrition

Amount per serving	
Calories	207
Carbs	34g
Fiber	2g
Sugar	12g
Protein	3g
Cholesterol	0mg
Sodium	151mg
Vitamin A	61IU
Vitamin C	2mg
Calcium	109mg
Iron	1mg
Vitamin D	11IU

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with liners.
- 2 Combine the milk and lemon juice in a small bowl and set aside.
- 3 In a large bowl mix together the flour, sugar, baking powder, cinnamon, ginger, and salt.
- 4 Add the milk mixture, oil, and vanilla to the dry ingredients and stir with a spatula until just combined. Do not over mix. Fold in the pears.
- 5 Divide the batter evenly between muffin cups. Bake for 22 to 25 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the refrigerator in a sealed container for up to one week. Freeze for up to three months.

Serving Size: One serving is one muffin.

No Avocado Oil: Use melted coconut oil.

How to Measure Flour: Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your muffins dry and crumbly.

Flour Measurement: 11 ounces (312g) of flour is approximately 2 1/2 cups.