

Canned pears (or other fruit) can be used in place of fresh pears in this recipe.

Vegetarian
Nut free



Healthy Choices category:

AMBER
(Choose carefully)

Ingredients	12 serves	24 serves
Wholemeal self-raising flour	1 cup	2 cups
White self-raising flour	1 cup	2 cups
Brown sugar	½ cup	1 cup
Eggs	1 large	2 large
Natural yoghurt (reduced fat)	75mL	150mL
Orange juice	¼ cup	½ cup
Banana, mashed	½ large	1 large
Pear, chopped	½ medium	1 medium
Milk (reduced fat)	¼ cup	½ cup
Olive or canola oil spray	to grease	to grease

Method

- 1 Preheat oven to 180°C.
- 2 Sift the flours together in a large bowl, returning husks to the bowl, and add the brown sugar.
- 3 In a separate bowl, mix the eggs, yoghurt and juice. Combine with the flour mix.
- 4 Fold through the fruit and milk, taking care not to over-mix. (Note: you may need less milk depending on the moisture of the fruit).
- 5 Spoon the mixture into lined patty cases or lightly greased muffin trays (12 holes per tray).
- 6 Bake for 18 to 20 minutes or until golden and cooked through. Cool the muffins in their trays for 5 minutes before turning onto a wire rack to cool completely.

Tips

- For variation, try adding 1 teaspoon of cinnamon and 1 teaspoon of nutmeg to the flour in step 2.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.