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Pear & Applesauce Muffins

Mmmmmm...the perfect fall time muffin! These taste amazing with some apple butter as a morning, afternoon, or evening treat!



Ingredients:

- 1/4 cup Unsalted butter softened, or coconut oil
- 1/2 cup Sucanat
- 3/4 cup Unsweetened Apple Sauce
- 2 Large eggs
- 1 tsp. Vanilla extract
- 2 cups Whole Wheat Pastry Flour
- 2 tsp. Baking powder
- 1 tsp. Real salt
- 2 tsp. Cinnamon
- 1/2- tsp. allspice
- 1 large ripe pear
- 2 Tb. brown sugar or sucinat for sprinkling (optional)

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Directions:

- Preheat the oven to 400 degrees F and fill a muffin tin with 12 paper liners. (You could also butter and flour the muffin tins and skip the paper liners.)
- Using an electric mixer, beat the butter or oil and sucanat together until the thoroughly mixed, then add the apple sauce, eggs and vanilla. Mix until smooth. Add the salt, baking powder and spices, then slowly add in the flour until just combined.
- Dice the pear into small 1/4 inch chunks and fold into the mixture. Then scoop the batter evenly into the prepared muffin tins. Sprinkle the top of each muffin with a little brown sugar and bake for 14-20 minutes until the tops are dome-shaped and a toothpick inserted into the center comes out clean. Cool for 3-5 minutes before removing from the muffin tin.

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