Pumpkin-Pear Muffins

in a new light

Makes: 12 servings
Prep Time: 10 minutes
Cook Time: 25 minutes
Difficulty: Easy

Ingredients:

- 1 1/2 cups white whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 cup canned pumpkin puree (not pumpkin pie mix)
- 3/4 cup granulated sugar
- 1/2 cup low-fat buttermilk
- 2 tablespoons canola oil
- 1 large egg
- 1 ripe Bartlett pear, cored and chopped
- 1/4 cup chopped pecans

Directions:

Preheat oven to 375°F. Spray a 24-cup mini-muffin pan with cooking spray.

Whisk together flour, baking powder, cinnamon, ginger, nutmeg, and salt in a medium bowl.

Combine pumpkin puree, sugar, buttermilk, oil, and egg in a large bowl until well mixed. Add the flour mixture just until blended. Stir in pear and pecans.

Spoon the batter into the muffin cups. Bake until a toothpick inserted in the center comes out with a few moist crumbs attached, 20–25 minutes. Transfer to a wire rack to cool.

Nutritional Information: Per serving (1 muffin): 90 calories, 2.5 g fat (0 g saturated, 0 g trans), 10 mg cholesterol, 65 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g protein.