

Pear, Almond, and Date Muffins



Explore our irresistible recipe for pear, almond, and date muffins a burst of flavors in every bite. Choose a nourishing delight that will satisfy your cravings with pure delight.

Preparation 15 min

Cooking 20 min

Servings 12

Nutrition Facts (per serving)

Calories 165

Fat 7

Carbohydrates 20

Fibre 4

Protein 6

Sodium 30

Ingredients

- 315 ml (1 ¼ cups) whole-wheat flour (or gluten-free for a low-FODMAP option)
- 315 ml (1 ¼ cups) ground almonds
- 30 ml (2 tbsp) ground flax seeds
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) cinnamon
- A pinch of salt

- 500 ml (2 cups) fruit pieces and puree: 1 chopped pear + 1 to 2 pears pureed (if lacking volume, supplement with unsweetened applesauce)
- 250 ml (1 cup) milk or non-dairy beverage (soy, almond, etc.)
- 65 ml (1/4 cup) chopped dates
- 5 ml (1 tsp) vanilla extract

Preparation

1. Preheat the oven to 375°F (190°C).
2. In a bowl, combine the flour, ground almonds, flax seeds, baking powder, cinnamon, and pinch of salt.
3. In another bowl, mix the fruits, milk and vanilla extract.
4. Incorporate the dry ingredients into the wet ingredients and mix.
5. Divide the batter into muffin molds (preferably silicone, otherwise use paper liners).
6. Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Notes



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