



Banana Apple Muffins with Pear Butter

Courtesy Chef Bryan Woolley

1 cup flour
½ tsp baking powder
¾ cup oatmeal
½ cup skim milk
1 egg
¼ cup applesauce
½ cup smashed bananas
Pinch of salt

1. Add all ingredients into a large mixing bowl. Mix until incorporated.
2. Fill prepared muffin tins ¾ way full.
3. Bake in a 350-degree oven for approximately 25 minutes or until golden brown.
4. Allow to cool and serve with pear butter. Makes 12 muffins.

Pear Butter

5 pears, peeled, chunked
1/3 cup sugar
1/3 cup water
1 tsp cinnamon
½ tsp freshly grated nutmeg

1. Place all ingredients into a saucepan and bring to a bowl.
2. Reduce heat and allow to cook for a good 45 minutes to an hour.
3. While cooking stir and check on liquid levels. Do not allow to boil dry. Simply add more water if needed.
4. Color will deepen and sauce will thicken.

Nutritional Information

Serving Size: 1/12th of recipe, 2 Tbsp Pear Butter		
Calories	90	kcal
Protein	3	g
Carbohydrate	20	g
Total Fat	1	g
Saturated Fat	0	g
Monounsaturated Fat	0	g
Cholesterol	20	mg
Sodium	76	mg
Fiber	2	g
Potassium	120	mg
Calcium	30	mg

Diabetic Exchanges

Protein	0
Fat	0
Carbohydrates	1