



Vanilla Pear Muffins

Savannah · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

1 hr

Description

This vanilla and pear muffin recipe results in tender light and deliciously moist muffins. Vanilla and pear are a flavormatch made in heaven and with the added goodness of whole wheat flour, these sweet vanilla pear muffins are great for breakfast or a snack. Store in an airtight container in the refrigerator for up to 3 days. These muffins do not freeze well.

Ingredients

- 1 cup whole wheat flour - ½ cup all-purpose flour - ¾ cup white sugar - 1 ½ teaspoons baking powder - ½ teaspoon salt - ½ cup low-fat vanilla yogurt - ½ cup canola oil - 1 egg - 2 teaspoons vanilla extract - 1 ripe pear - peeled
- cored
- and diced - ½ cup chopped pecans

Instructions

1. Preheat the oven to 450 degrees F (230 degrees C). Grease or line 12 muffin cups with paper liners. Whisk whole wheat flour
2. all-purpose flour
3. sugar
4. baking powder
5. and salt together in a bowl. Whisk yogurt
6. oil
7. egg
8. and vanilla extract together in a separate bowl until smooth. Stir yogurt mixture into flour mixture until batter is just mixed; fold in pear and pecans. Spoon batter into the prepared muffin cups. Place muffin tin in the preheated oven; reduce heat to 350 degrees F (175 degrees C). Bake until tops of muffins are browned and a toothpick inserted in the middle comes out clean
9. 20 to 25 minutes. Cool in the tin for 5 minutes before transferring to a wire rack to cool completely. Cook's Note: Select a firm-fleshed pear such as the Bosc variety
10. as a softer fleshed pear will tend to melt into the batter.