



Pear and Walnut Muffins

Makes 12 muffins

½ cup finely chopped walnuts
1 cup flour
1/3 cup whole wheat flour
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
2/3 cup packed brown sugar
2 tablespoons canola oil
2 teaspoons vanilla extract
1 (8 oz.) carton plain fat-free yogurt or light sour cream
1 large egg
1 ½ cup finely diced peeled pear
Cooking spray
3 tablespoons sugar

Preheat oven to 400 degrees F

Mix dry ingredients including walnuts together in a large bowl or food processor. In a separate bowl, mix together brown sugar, oil, vanilla, yogurt, egg. Add to the dry mixture until just moist. Fold in diced pear.

Spoon batter into 12 muffin cups. Sprinkle batter lightly with sugar. Bake for 20 minutes or until muffins are lightly browned and no longer soft in the middle. Remove from pan and cool on a wire rack.

Serve warm.

These are great any time of year.