



Cranberry Pear Muffins

These muffins are really moist and “not-quite gingerbread”. Fresh pear and cranberries make for a super flavor combination that you’ll never find in stores or mixes. They are easy to make and have the added benefits of less fat and more fiber because of the use of chia gel. In just a little over a half hour you can bake a warm fall treat to make your home smell great and bring a smile to your taste buds. Be good and eat just one! This recipe makes 12 regular size muffins.

Ingredients

- 1 fresh pear (canned could be used, rinsed)
- ¼ cup fresh or frozen cranberries
- 6 tablespoons of butter
- ¼ cup sugar
- ½ cup molasses
- 1 egg
- 2 tablespoon chia gel
- 1 ½ cups flour
- 1 dash salt
- 1 teaspoon baking soda
- 1 dash of ground cloves
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ cup hot water

Get out your muffin tin and spray with cooking spray. Preheat the oven for 375 degrees. If you are using frozen cranberries, run a little hot water over them and set them out on the counter to start defrosting. (When you buy & freeze fresh, whole cranberries, you can enjoy them all year long!)

Cream together the butter and sugar in a medium bowl. Beat in the egg, molasses and add the chia gel. Cut the cranberries into quarters and sprinkle with about a 1/2 teaspoon of sugar just to sweeten them a little.

In a smaller bowl, mix together the dry ingredients: flour, salt, baking soda, and the spices. You should leave the peel on the pear for extra fiber & nutrients. Cut the pear into small bite size pieces. Next stir the dry ingredients in to the wet ingredients and add the ½ cup of hot water. Fold in the cranberries and pear. Fill you muffin tin about 2/3 full and bake for about 20-24 minutes. What a great treat for breakfast or as a not-so-sweet dessert.