

Sticky Date and Pear Muffins

Serves: 12

Prep time: 10 minutes

Cook time: 15-20 minutes

 ½ serve per portion

Ingredients

1 ½ cups dates, pitted, chopped
1 cup boiling water
1 teaspoon baking soda
¼ cup grapeseed oil *OR* extra virgin olive oil
2 eggs
300g canned pears, drained and chopped
1 teaspoon vanilla
¾ cup wholemeal self-raising flour
½ cup plain flour

Method

PREHEAT oven to 180°C and line a 12-hole muffin pan with muffin cases.

MIX dates with boiling water and baking soda. Stir and let stand for 5 minutes.

COMBINE oil, eggs, pear and vanilla in large bowl.

ADD date mixture to egg mixture and stir through both flours until combined well.

POUR batter into muffin cases and bake for 15-20 minutes or until a skewer comes out clean.



Discretionary Food

Recipe courtesy of the Country Kitchens team