

Harvest Spice Muffins

Yields 20 muffins



Ingredients

- 2 eggs
- 1 cup of skim milk
- ½ cup of olive oil
- 2 cups of pears and/or apples
- 3 cups of flour white or brown
- 1 cup of Suscanat
- 4 tsp of Baking Powder
- 1 tsp of salt
- 1 tsp of cinnamon-ground
- ¼ tsp of cloves- ground
- ¼ tsp of nutmeg- ground

Directions

- ℘ Whisk together eggs, milk, and oil until completely blended
- ℘ Stir in diced fruit.
- ℘ Combine remaining ingredients in separate bowl.
- ℘ Let batter sit
- ℘ The batter needs to sit for 15-20 minutes: this is optional, it seems to make the muffins rise higher. You have two choices:
 - Allow the batter to sit in large bowl.
 - Let the batter sit after you divide it into the muffin cups
- ℘ Divide batter between 20 greased muffin cups
- ℘ Bake at 400° F for 20-25 minutes, until golden brown on top.
- ℘ Serve warm with a drizzle of honey!



Nutrients (approximately)

189 Calories per muffin,
Fat 5.8g, Saturated Fat 0.8g, Cholesterol 0.2mg, Sodium 13.1mg,
Carb. 30g, Fiber 1.1g, Sugars 12.9g, Protein 2.3g

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