

Almond Pear Muffins with Master Mix

Makes 12 Muffins | Grains • Fruits

Ingredients

- 3 cups + 2 Tablespoons *CNP Master Mix*
- 3 Tablespoons sugar
- 1 egg, beaten
- 1¼ cups low fat-milk
- 2-4 Tablespoons chopped almonds
- ¾-1 cup drained and chopped canned or frozen and thawed pears
- Nonstick spray or muffin tin papers

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F.
3. Coat 12 muffin pan cups with nonstick spray or place muffin papers in each tin.
4. Combine *CNP Master Mix* and sugar.
5. In a separate bowl, blend together egg and milk. Add to dry ingredients. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
6. Fold in chopped almonds and pears.
7. Fill each muffin tin ¾ full.
8. Bake at 400°F for 20 minutes.

Master Mix

Makes 10 cups | Grains

Ingredients

- 4 cups all-purpose flour
- 4 cups whole wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large bowl combine flours, baking powder, sugar and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork or fingers until it resembles coarse cornmeal.
4. Store in a tightly covered container in refrigerator. Keeps 3 months in refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnpp-info@uwyo.edu

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