



PREP: 10 min
COOK: 30 min
SERVES: 12

Pear & Almond Yoghurt Muffins

Filled to the brim with delicious and healthy ingredients like juicy pears, chia seeds and oats, these muffins are great to grab and go.

Ingredients

Muffins

- ¾ cup (180ml) vegetable oil
- 2 eggs
- 1 cup (250ml) Greek yoghurt
- 1 tsp Queen Organic Vanilla Extract
- ¾ cup (165g) caster sugar
- 2 cups (300g) spelt or whole meal flour
- 1 tsp cinnamon
- 2 tbsp chia seeds
- 2 ½ tsp baking powder
- 2 pears, diced

Topping

- ½ cup (75g) spelt flour

Method - Muffins

STEP 1

Preheat oven to 180°C (fan forced) and grease a 12 hole muffin tin.

STEP 2

Place the oil, eggs, yoghurt and Vanilla Extract in a jug and whisk to combine. Place sugar, flour, cinnamon, chia seeds and baking powder in a medium bowl, stir to combine.

STEP 3

Make a well in centre of dry ingredients and pour wet ingredients into dry and mix using a wooden spoon until just combined. Add pears and gently fold to disperse. Spoon the mixture into the muffin cases until ¾ full.

Method - Topping

STEP 1

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Ingredients

1/4 cup (20g) rolled oats
1/4 cup (55g) firmly packed brown sugar
1/4 cup (30g) slivered almonds
2 tsp ground cinnamon
Pinch of salt
2 tbsp (40ml) vegetable oil
1 tablespoon (20ml) milk

Method - Topping

In a small bowl add flour, oats, brown sugar, almonds, cinnamon, salt, vegetable oil and milk stir to combine. Top each muffin with a sprinkling of the topping mixture. Bake for 25-30 minutes and an inserted skewer comes out clean.

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