



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 Natural Vanilla Extract
- ¾ cup (165g) caster sugar
- 2 cups (300g) spelt or whole meal flour
- 1 tsp cinnamon or Cinnamon Baking Paste
- 2 tbsp chia seeds
- 2 ½ tsp baking powder
- 2 pears, diced

#### Topping

### 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

½ cup (75g) spelt flour  
1/4 cup (20g) rolled oats  
1/4 cup (55g) firmly packed brown sugar  
1/4 cup (30g) slivered almonds  
2 tsp ground cinnamon or Cinnamon Baking Paste  
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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