

Ashley's Meal Prep Monday!

Pear Muffins

INGREDIENTS

1 mashed overripe banana
1 cup unsweetened almond milk
1 TSP vanilla
1/2 cup maple syrup
5 TBSP melted vegan butter
1/2 TSP baking soda
1 1/2 TSP baking powder
1 1/2 cups GF all-purpose flour
1 cup chopped pears

Optional Strudel Topping:

1/2 cup GF flour
1/2 cup coconut sugar
1/4 TSP salt
1/3 cup melted butter



Preheat oven to 375. Line a muffin tin with paper liners and lightly spray with oil, or just spray the muffin tin. I use a silicone muffin pan and it works wonders without having to spray oil.

Peel and chop several pears to make a heaping cup full and set to the side.

In a large bowl, add mashed banana, almond milk, vanilla, maple syrup, butter, baking soda/powder and mix until combined. Mix in the flour until just combined, careful not to overmix. Gently fold in chopped pears.

Pour batter into lined muffin cups, filling about two-thirds of the way full. Sprinkle strudel on top. Bake for 25-30 minutes until golden.

(Original recipe uses blueberries instead, which also work WITH the pears if you wanna get fancy.)

Recipe: www.peanutbutterandjilly.com

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