

Pistachio Pear Muffins

Recipe By *Sina Mizrahi*



Cooking and Prep:  45
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Serves:  12

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Sukkot, Tu-
Bishvat

Diet: Vegetarian, Pescetarian

Source: Relish by Binah

Magazine

These muffins taste like fall, thanks to the pears and the cinnamon. They have a nice texture that isn't weighed down by the fruit, and are made up of mostly wholesome ingredients, making them a justifiable breakfast or snack. Just be sure to use white whole wheat flour, since it is ground differently and results in an airier baked good.

Ingredients (13)

Muffins

- 3/4 cup white whole wheat flour
- 1 and 1/2 teaspoons **Haddar Baking Powder**
- 1/4 teaspoon salt
- 3/4 cup (140g) coconut oil, melted

- 1/2 cup firmly packed light brown sugar
- 1/3 cup maple syrup
- 1 teaspoon **Gefen Vanilla Extract**
- 2 eggs
- 2 ripe Bartlett or Anjou pears, grated with skin and squeezed of excess juice
- 1/4-1/2 cup **Gefen Sweetened Dried Cranberries**

Topping

- 2 tablespoons granulated sugar
 - 1 teaspoon cinnamon
 - 1/3 cup raw pistachios, chopped
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Start Cooking

For the Muffins

1. Preheat oven to 350°F. Grease a muffin pan or line with paper liners.
2. In a small bowl, whisk the flour, baking powder, and salt.
3. In a large bowl, combine the oil, brown sugar, maple syrup, and vanilla. Mix in the eggs, one at a time, stirring well in between.
4. Stir the dry ingredients into the wet ones, making sure to mix until just combined, even if small lumps remain. Fold in the grated pears and cranberries.
5. Using an ice cream scoop, fill the prepared pan or liners with the batter, approximately three-quarters of the way full. In a small bowl, mix together the sugar and cinnamon. Sprinkle the muffins with chopped pistachios and a pinch of cinnamon sugar.
6. Bake the muffins at 350°F for 20 to 25 minutes, or until a toothpick inserted in the center comes out clean. Transfer the muffins to a cooling rack and allow them to cool completely.