



Pear-Ginger Muffins and Blueberry Muffins

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From one batter, get two different muffins. Stir blueberries into one half, and dried pears, apples, and candied ginger into the other half. Of course, you can make them all one flavor if you prefer. Look for dried pears or apples in natural food stores.

- 1 cup whole wheat flour
- 1 cup unbleached all purpose flour
- 1 Tablespoon sugar
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/4 cup liquid egg substitute or 2 egg whites
- 1 cup nonfat milk
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1/2 cup frozen or fresh blueberries

1/4 cup finely diced dried pears or diced dried apples
1 Tablespoon finely chopped candied ginger

Topping:

1 Tablespoon sugar
1/2 teaspoon ground cinnamon

Prepare oven to 375 degrees F. Spray a standard muffin pan lightly with nonstick spray or use muffin liners. Line 12 cups.

In medium bowl, combine whole wheat flour, all purpose flour, sugar, baking powder, salt, nutmeg, and cinnamon. Stir to blend well.

In a small; bowl, combine egg substitute, milk, applesauce, and vanilla. Whisk until smooth. Add in dry ingredients. Stir with a fork just until batter is blended; do not overmix.

Put half the batter about 1-1/4 cups in a small bowl and gently stir in the blueberries. Add the pears and ginger to the other half of the batter. Spoon the batter into the prepared muffin cups, filling each cup almost full.

To make topping, stir together sugar and cinnamon. Sprinkle 1/4 teaspoon of the mixture over each muffin. Bake until the muffins spring back when touched lightly and the tops are golden, about 15 minutes. Cool in the pan 5 minutes, then remove and serve warm. Yield: 12 muffins

Hint: Do not thaw frozen blueberries before you use them or their color will "bleed" throughout the batter.

About this Recipe: As expected, these are fat free muffins that used applesauce in place of butter. Healthy recipes were popular during this time. These muffins do not have the standard texture you might expect in a typical muffin. We prepared them using dried apples and fresh blueberries. The apple-ginger muffins would be nice for a breakfast treat, but we found the blueberry muffins needed more flavor. It might be nice to add shredded orange or lemon peel with the berries.

