

“Gingerbread” Muffins



Serves	12
Prep time	20 minutes
Cook time	20 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Occasion	Birthday Party , Christmas , Special Occasions
From book	The Failsafe Cookbook

Ingredients

- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 4 teaspoons baking powder
- pinch salt
- 2 eggs (lightly beaten)
- 2/3 cups brown sugar
- 1 cup pear puree (approximately 3 pears pureed)
- 1/2 cup golden syrup
- 3 tablespoons sunflower oil

To decorate: (Optional)

- 1 cup pure icing sugar (sifted)
- 2 teaspoons butter (melted)
- 1-2 tablespoon hot water

Directions

1. Preheat the oven to 180 C. Prepare two 6-hole muffin trays.
2. Sift together and combine the dry ingredients, except the sugar. Tip the husks from the wholemeal flour back into the bowl.
3. Sift the sugar to remove any lumps, then combine in a bowl with eggs, pear puree, golden syrup and oil.
4. Stir in the dry ingredients and mix until just combined.
5. Spoon the batter into the muffin trays. Bake for 15 to 20 minutes or until cooked.
6. Allow to cool slightly then turn out onto a wire rack to cool completely.

To decorate (optional):

7. Combine all the ingredients for the icing, adding enough water to make a spreadable consistency.
8. Spread over the muffins and add additional decorations such as Smarties (Amines) or naturally coloured 100s and 1000s (Salicylates).

Note

Low Chemical / Failsafe

For the gluten free version, replace the 2 cups of flour and baking powder with:

- 1 cup brown rice flour
- 1/2 cup potato flour
- 1/2 cup cornflour
- 2 tspn xanthan gum
- 1 tspn gelatine
- 1 1/2 tspn gluten-free baking powder
- 1 1/2 tspn sodium bicarbonate