

Pear and Quinoa Muffins



Serves	16-18
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 1 cup quinoa flakes
- 1 cup plain white flour
- 1 cup wholemeal plain flour
- 1/4 cup brown sugar (firmly packed)
- 4 teaspoons baking powder
- 375ml light evaporated milk
- 2 heaped tablespoons pear jam (Refer to Basics Page)
- 2 eggs (lightly beaten)

For the topping: (Optional)

- 1/4 cup brown sugar
- 2 tablespoons quinoa flakes

Directions

1. Preheat the oven to 180°C and prepare three 6-hole muffin trays.
2. Sift together the flours, baking powder and sugar together into a large bowl, adding the husks back in.
3. Add the quinoa flakes, eggs, evaporated milk and jam and mix well.
4. Spoon the mixture into the prepared pans.

Optional topping:

5. Combine the extra sugar and quinoa flakes for the topping and sprinkle over the top of the muffins. Press in lightly.

Bake:

6. Bake for approximately 20 minutes until golden. Allow to cool slightly in the pan then transfer to a wire rack. Serve warm or cold.

Note

Low chemical / Failsafe

Makes 16 - 18 muffins.

Refer [here for Pear Jam recipes](#).