

Pear and Roast Carob Muffins



Serves	12
Prep time	15 minutes
Cook time	25 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 cup plain wholemeal flour
- 1 cup plain white flour
- 1 tablespoon baking powder
- 1 teaspoon vanilla essence
- 1/4 cup water
- 1/3 cup rice malt syrup
- 1/2 cup sunflower oil
- 1 cup low-fat milk (or dairy-free milk)
- 1 cup pear (tinned or fresh, diced)
- 1/4 cup carob powder

Directions

1. Preheat the oven to 180°C. Prepare two 6-hole muffin trays.
2. Line a small baking tray with foil and spread the carob over the foil. Place in the oven for about 5 minutes, or until it starts to turn dark. Remove from the oven and set aside to cool.
3. Sift the flours, carob and baking powder together into a large bowl, adding the husks back in, and stir to combine well.
4. In another bowl combine the water, vanilla, syrup, oil and milk.
5. Pour the liquid ingredients into the dry ingredients and gently stir until just combined. Add the pear and gently fold through.
6. Spoon the mixture evenly into the muffin trays and bake in the oven for 20-25 minutes, or until a skewer in the centre comes out clean.
7. Allow to cool in the pans for about 5 minutes, then remove and allow to continue cooling on a wire rack.
8. Serve warm or cold.

Note

Low Chemical / Failsafe

Use a non-dairy milk alternative for dairy-free muffins.