



PALEO GINGER SPICED PEAR MUFFIN

Ingredients

- 3 small Pears (these are smaller pears)
- 1 tbsp butter or coconut butter
- 1 tbsp cinnamon
- 1 tbsp ground ginger
- 1/4 cup Ginger-ale (or club soda)
- 1/4 cup and 1 tbsp honey (You'll use 1 tbsp separately)
- 3 eggs
- 1 1/2 cup almond meal
- 1/2 cup potato starch
- 1/4 cup coconut flour
- 1/3 cup nut/seed mix (use what ever one you can get)
- 1/2 tbsp baking soda
- dash of sea salt

Instructions

1. First, skin your pears and chop into pieces. Place in bowl and mix in melted butter, ginger ale or club soda, 1 tbsp honey. Let that soak.
2. In another bowl, combine your eggs and spices. Beat until fluffy. Then gradually fold in your flours and nuts and mix together. Add in your pear and ginger mixture plus the extra 1/4 cup honey. Mix again.
3. Pour batter into oiled muffins cups and bake on center rack at 180C for 22-25 minutes or until muffins are golden brown. Let them cool and top with more cinnamon.
4. Makes 10-12 muffins
5. Optional --> for more sweetness - 1/3 cup baking stevia or more maple syrup