

# Pear & Banana Muffins

This recipe makes 12 medium-sized muffins.

You will need: Food processor (or similar) and a 12-hole muffin pan, lined with paper cups/liners or greased with rice bran oil which is an eczema-friendly oil.

## Ingredients

- 1 egg or egg-free substitute
- ½ cup (125 mL) rice malt syrup (see notes, below)
- 1 cup organic soy milk or rice milk (250 mL)
- 1 small, ripe banana (or ½ large banana, see notes)
- 1/2 tsp natural vanilla extract (2 mL)
- 1/3 cup rice bran oil (75 mL)
- 2 cups spelt flour, preferably whole-meal
- 3 or 4 tsp wheat-free (gluten-free) baking powder (check amount they suggest on the packet instructions)
- 1/2 tsp baking soda
- 2 large ripe pears, peeled and diced (the more the better)
- Stage 2 option: ½ cup of blueberries, for decoration

## Method

1. Preheat oven to 350°F (180°C)
2. In food processor, combine egg, rice malt syrup, non-dairy milk, banana and vanilla; process until smooth. With the motor running, slowly drizzle rice bran oil through the chute; process until smooth and creamy.
3. In a bowl, combine spelt flour, baking powder and baking soda (sift to combine). Then pour the liquid into the flour mix and stir with a wooden spoon until combined and lump-free. Using a spoon, gently stir in pear.
4. Spoon batter into prepared muffin cups, filling each three-quarters full (see photo, they are quite full which makes lovely, high muffins). If using blueberries, top the uncooked muffins with about 3 blueberries each.
5. Bake in preheated oven for 15 minutes or until light golden on top and a toothpick inserted in the middle comes out clean. Let cool on a wire rack.

## Variations and notes

- Bananas: Do not use 'sugar' bananas, also known as 'lady finger' bananas, as they are rich in salicylates and amines (normal bananas contain amines too, but not as many).
- If you are gluten intolerant, try using an all-purpose gluten-free flour mix instead of the spelt flour; you may need a little less milk (use malt-free soy milk).
- For Stage 2: top the muffins with 3 blueberries each.
- If rice malt syrup is not available, use 1/3 cup pure maple syrup or golden syrup (rice malt syrup is not as sweet).
- Use real vanilla extract, not the imitation vanilla.
- These muffins can be stored in an airtight container in the freezer for up to 3 months.
- School lunches: pop them into sandwich bags or separate containers, freeze them, and then put one into your child's lunchbox each day.