

Pear Walnut Muffins

1 1/2 c rolled oats	2/3 c mashed pears
1 1/2 c whole wheat flour	1 c milk
1/3 c sugar (or maple syrup)	1 large egg
3 tsp baking powder	2 Tbsp oil
1/2 tsp cinnamon	
1/4 tsp ginger	
1/4 tsp salt	
2/3 c chopped walnuts	

Preheat the oven to 400F.

Grease a muffin tin. Mix all dry ingredients together in a biggish bowl. Mash the pears in a smaller bowl (>2c capacity).

Add the egg and beat together. Mix the rest of the wet ingredients into the smaller bowl. Pour the wet ingredients into the dry ones and mix until combined. Scoop the batter into the muffin tins. Bake 20-25 minutes.