

Peanut Butter and Pear Muffins *Makes 12*

- 2 cups flour (whole wheat and/or white)
- 3 tsp baking powder
- 1 tsp salt
- 1/4 cup sugar
- 1/2 cup peanut butter
- 1 egg
- 3 tbsp and 1 tsp skim milk powder + $\frac{3}{4}$ cup water Or $\frac{3}{4}$ cup milk
- $\frac{3}{4}$ cup canned pears, diced

1. In a bowl, combine all dry ingredients. In a separate bowl combine peanut butter, egg and milk. Fold into dry mix. Gently add pears.
2. Bake in greased muffin pans for about 12-15 minutes at 425°F.