



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Pear and Cheese Meal-In-A-Muffin

48 Servings

## Ingredients

1-3/4 pounds (7 cups) unbleached all-purpose flour  
3/4 pound (3 cups) whole wheat flour  
2 ounces (1/4 cup + 2 teaspoons) baking powder  
6 ounces (1/3 cup) granulated sugar  
1 tablespoon kosher salt  
1 pound cheddar or American cheese, shredded (to make 4 cups)  
4 eggs  
6 cups whole milk  
1 cup canola or vegetable oil  
6 cups (2-3/4 pounds) Pacific Northwest Canned Pears, diced, in juice, drained

## Method

Preheat oven to 400 degrees F. Line 4 (12-cup) muffin tins with paper liners, or generously grease, and set aside.

Combine flours, baking powder, sugar and salt in the bowl of a mixer. Thoroughly mix on low speed, add the cheese and continue to mix on low until the cheese pieces are well coated and separated.

In a separate bowl, whisk together the eggs, milk and oil. Add the wet ingredients to the dry, mixing on low speed until just combined; the batter will be lumpy. Fold in the pears.

Use a #16 scoop to fill the prepared muffin tins with the batter, filling the cups about 2/3 full. Bake 20 minutes or until golden brown. Remove the pans from the oven and turn the muffins out onto a rack immediately to cool.

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## Nutrition

<i>Calories</i>	212
<i>Calories from Fat</i>	81
<i>Fat</i>	9g
<i>Saturated Fat</i>	3g
<i>Cholesterol</i>	30mg
<i>Sodium</i>	351mg
<i>Carbohydrate</i>	27g
<i>Dietary Fiber</i>	2g
<i>Sugar</i>	6g
<i>Protein</i>	7g
<i>Vitamin A</i>	5% DV
<i>Vitamin C</i>	1% DV
<i>Calcium</i>	18% DV
<i>Potassium</i>	4% DV
<i>Iron</i>	8% DV