



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Pear Banana Muffins

Makes 24 muffins

## Ingredients

### STREUSEL TOPPING

1 cup all-purpose flour  
1 cup lightly packed brown sugar  
1 tablespoon ground cinnamon  
1 cup butter, cold, cut in small pieces  
1-1/2 cups rolled oats

### MUFFINS

2 cups Pacific Northwest Canned Pears, diced, in juice,  
drained and juice reserved  
2 cups mashed bananas  
1 teaspoon ground cloves  
5 pounds all-purpose baking mix

## Method

To make the streusel topping, combine flour, sugar, and cinnamon in a bowl. Add the butter pieces and, using your hands or a pastry blender, incorporate the butter until the pieces are pea-sized and smaller. Add the oats, stir to combine, and set aside.

Preheat the oven to 350 degrees F. In a large bowl, mash the 2 cups of diced pears with a fork. Add the mashed bananas, 2 cups of the reserved pear juice, and 3 cups of water into the same bowl. (If there isn't enough pear juice to make 2 cups, make up the difference with water.) Add the muffin mix and stir until well combined.

Use a #10 scoop to fill two lightly greased or paper-lined muffin pans holding one dozen each. Sprinkle the tops with streusel and bake 15 to 18 minutes or until light golden brown around the edges.

## Servings

Makes 24 muffins

## Nutrition

<i>Calories</i>	284
<i>Fat</i>	11g
<i>Saturated Fat</i>	4g
<i>Cholesterol</i>	11mg
<i>Sodium</i>	635mg
<i>Carbohydrates</i>	41g
<i>Fiber</i>	2g
<i>Sugar</i>	7g
<i>Protein</i>	4g
<i>Calcium</i>	95mg
<i>Iron</i>	2mg
<i>Potassium</i>	137mg

*Teresa Wunrow, Wisconsin Rapids Public Schools,  
Lincoln High School, Wisconsin Rapids, WI  
eatcannedpears.com*