

Pear Cornbread Muffins

Makes 12 muffins

Ingredients:

1 **Wellness Forum Health** Corn Bread Mix

1 1/4 cup Pear puree-recipe follows

1 teaspoon vanilla

1 1/2 teaspoons cinnamon

1/2 teaspoon nutmeg

2 ripe pears, peeled and finely chopped

Instructions:

- Preheat oven to 350 degrees.
- Combine cornbread mix, pear puree, vanilla, cinnamon, and nutmeg in a bowl until blended.
- Add the chopped pears.
- Place batter in sprayed and floured muffin cups.
- Bake for 22-25 minutes, until a toothpick inserted in the center comes out clean.

Pear Puree

Makes 1 1/2 -2 cups

2 large ripe pears, seeded and chopped

Add the pears to a food processor and puree until very little chunks remain.