



### Pear and Chocolate Muffins

Low sugar, or even no added sugar - both work well.

- 130g Rosella Wheat Flour
  - 30g Rye Flour
  - 30g Spelt Flour
  - 25g raw sugar (optional)
  - 25g brown sugar (optional)
  - 20g sunflower seeds
  - 10g sesame seeds
  - 1 tsp baking powder
- } (or 190g of  
any good  
wholegrain flour)
- 1 tsp baking soda
  - ½ tsp salt
  - 70g good quality, dark chocolate (I used Whittakers Dark Ghana)
  - 2 fresh pears (around 400g)
  - 2 large, free range eggs
  - 130g good quality olive oil
  - 150g milk (dairy or non dairy)
  - 35g raw, shelled pistachios

1. Preheat the oven to 180°C. Grease and / or line 12 cup (medium size) muffin tin.
2. Chop the pistachios into smaller pieces and set aside.
3. In a medium sized mixing bowl, combine the flour/s, sugar (if using), sunflower and sesame seeds. Sift in the salt, baking powder and baking soda and mix together.
4. Cut the pears into quarters (no need to peel), remove the cores and chop into a small dice. Add the chopped pear to the flour blend.
5. Chop the chocolate into small pieces. Add to the flour blend and mix everything together with a spatula or large spoon, ensuring the pear pieces are coated in flour.
6. In a separate bowl whisk the eggs and olive oil together, then whisk in the milk.
7. Add the wet ingredients to the dry ingredients and mix everything together gently, but thoroughly.
8. Sprinkle the pistachio pieces over the top of the muffins.
9. Bake for around 30 minutes, or until a skewer poked in the middle comes out clean.
10. Serve straight out of the oven if possible - so good.
11. They'll keep well for a few days, but keep them in the fridge and warm slightly before serving.