



# Ginger & Pear muffin

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 200 grams of wheat flour
- 100 grams of spelt flour
- 2 tea spoons of baking powder
- 1/2 tea spoon of baking soda
- 1/2 tea spoon of salt
- 1 tea spoon of ground ginger
- 80 grams of sugar
- 1 egg
- 100 ml of ginger beer
- 80 ml of milk
- 200 grams of pears, peeled, deseeded, cubed
- 3 table spoons of honey
- 85 grams of melted butter
- 100 grams of hazelnuts
- 50 grams of sunflower seeds

## Instructions

1. Sift wheat and spelt flour, mix with baking powder, soda, salt, ground ginger, sugar, nuts and seeds.
2. In separate dish combine scrambled egg, honey, milk, beer, butter and pears.
3. Add "damp" ingredients to the "dried" ones, mix well, put into muffins baking tray.
4. Bake in preheated oven, 20 min in 200 degrees.