

Banana, Pear & Ginger Muffins



Ingredients (makes 4):

- 125g flour
- 1 teaspoon baking powder
- 2 teaspoons ground ginger
- 1 ripe banana
- 1 pear, cored (but leave peel on), finely chopped and par-boiled
- 30g golden syrup
- 2 teaspoons apple cider vinegar
- 2 teaspoons chia seeds
- 4 tablespoons plant milk

Make:

1. Preheat the oven to 180°C.
2. Sift the flour and baking powder into a mixing bowl.
3. Add the ground ginger.
4. Add all remaining ingredients and mix well (using a food processor preferably).
5. Spoon the mixture into 4 paper muffin cases.
6. Bake in oven for about 30 minutes until a skewer inserted into the middle of a muffin comes out clean.
7. Leave to cool for 10 minutes.

