



### **Oatmeal Muffins with Pears and Walnuts**

Makes 6 jumbo muffins or 12 regular muffins

1 ½ cups rolled oats  
1 cup almond milk plus 1 teaspoon apple cider vinegar  
2 cup all-purpose flour or whole wheat  
3 tablespoons ground flaxseeds  
2 tsp baking powder  
½ teaspoon baking soda  
1 ½ teaspoon cinnamon  
¾ teaspoon ground ginger  
½ teaspoon ground nutmeg  
½ teaspoon salt  
1/3 cup olive oil  
3/4 cup milk  
2 teaspoons vanilla extract  
½ cup brown sugar  
1 cup chopped fresh pear  
½ cup chopped, toasted walnuts  
turbinado sugar, for topping

Warm up your oven to 400 degrees and line your muffin tins.

In a medium bowl, combine the oats and 1 cup of almond milk then let them soak together while you prep the rest of the batter.

In another medium bowl, whisk together the flours, baking powder, baking soda, spices, and salt.

In a large bowl, whisk together olive oil, ½ cup milk, vanilla, and sugar until smooth. Stir in the oat and milk mixture until well combined. Then add the flour mixture and stir until it is just combined. Then fold in pears and walnuts and stir until they're mixed in. Scoop into the prepared muffin tins and sprinkle with sugar, if using.

Bake for about 23-28 minutes or until a toothpick inserted into the center comes out clean. Let them cool in the pans for a few minutes and then transfer to a wire rack to cool.

