

## SPICED PEAR MUFFINS

### INGREDIENTS

1 large egg

¼ cup granulated sugar

¼ cup canola oil

1 teaspoon vanilla extract

1 teaspoon lemon juice

½ cup milk (2% milk fat)

1 cup all-purpose flour

½ teaspoon baking soda

1 teaspoon pumpkin pie spice

1 cup pears, canned in water,  
drained, diced into ¼" cubes

### PREPARATION

- 1** Preheat oven to 350°F. Line muffin tin with liners.
- 2** In a large mixing bowl, add egg, sugar, oil, vanilla, lemon juice and milk. Whisk together to combine.
- 3** In a separate mixing bowl, sift together the dry ingredients: flour, baking soda and pumpkin pie spice.
- 4** Add the dry ingredients to the egg mixture. Mix well.
- 5** Fold-in diced pears into batter to combine.
- 6** Divide the batter evenly among the lined muffin cups.
- 7** Bake 20–25 minutes or until a tooth pick inserted in the center of the muffins comes out clean. Remove from oven and cool.
- 8** Place in a serving container. Cover and store at room temperature.



# SPICED PEAR MUFFINS



## Nutrient Analysis

PER SERVING  
1 Muffin

**Renal/Diabetic exchanges:**  
1 Starch + ½ Lower-Potassium  
Fruit + 1 Fat

Calories	<b>172Kcal</b>
Protein	<b>3g</b>
Total Carbohydrate	<b>24g</b>
Fiber	<b>1g</b>
Sugars	<b>11g</b>
Fat	<b>8g</b>
Saturated	<b>1g</b>
Cholesterol	<b>25mg</b>
Sodium	<b>95mg</b>
Potassium	<b>63mg</b>
Phosphorus	<b>42mg</b>
Calcium	<b>22mg</b>
Iron	<b>0mg</b>
Magnesium	<b>7mg</b>
Vitamin C	<b>1mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK ✓

# Adding pears to your kidney-friendly diet

Pears are a lower-potassium fruit that, in limited amounts, can typically be enjoyed every day. One small pear contains 172 milligrams of potassium and thus is considered to be a lower-potassium fruit.

Enjoy pears as a snack or healthy dessert. They can also add color, flavor and texture to foods without adding sodium or a large amount of potassium. Add sliced or chopped pears to salads for extra flavor and crunch.

Pears ripen best at room temperature as refrigeration will slow down the ripening process. It can be tough to judge how ripe a pear might be. Bartlett pears change from green to yellow as they ripen, but most varieties show very little color change. Pears ripen from the inside out, so the best way to judge how ripe it might be is to apply gentle pressure with your thumb to the stem end of the pear. If it yields to gentle pressure, then the pear is ripe. If it is firm, leave the pear at room temperature and check daily for ripeness.

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