Pear-fect Snack for Kids

Article written by Carol Schwarz (carol.schwarz@unl.edu), Extension Educator in Buffalo County

The U.S. is the third largest pear producing country in the world. One medium pear is very good source of fiber, a good source of vitamin C and provides 206 mg of potassium for only 100 calories.

Cinnamon Pear Muffins

Ingredients:
- ¼ cup packed brown sugar
- ¼ cup granulated sugar
- ¼ cup unsalted butter, softened
- 2 large eggs
- ½ cup unsweetened applesauce
- ½ cup low-fat milk
- 1 teaspoon vanilla extract
- 1 ½ cup all-purpose flour
- ½ cup quick oatmeal
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ¾ teaspoon salt
- 2 medium pears

Directions:
1. Wash hands with warm water and soap.
2. Preheat oven to 400°F. Line a 12-cup muffin tin with liners.
3. In a mixing bowl, beat sugars and butter until creamy.
4. Crack eggs into a small bowl. Wash hands with warm water and soap. Add eggs, applesauce, milk and vanilla to the sugar mixture. Mix until smooth.
5. In a medium bowl, mix together the dry ingredients. Add dry ingredients to the sugar mixture and stir until just combined.
7. Fill muffin cups ¾ full. Bake 15-20 minutes, until a toothpick inserted into the center comes out clean. Do not over bake.
8. Let muffins cool a few minutes then, transfer to a wire rack to cool. Muffins can be stored in an airtight container, at room temperature for 2 to 3 days, or frozen for up to 3 months.

Makes 12 muffins. Each muffin contains 170 calories, 5 grams of fat, 3 g saturated fat, 250 mg sodium, 29 g carbohydrate, 2 g fiber, 4 g protein.

For more information check out Food Fun for Young Children at: http://go.unl.edu/chi

Tips for Parents
- Pears are harvested when mature but not ripe. Ripen pears at room temperature.
- Bartlett variety pears change color as they ripen (from green to yellow).
- For non-Bartlett varieties check the neck for ripeness daily: apply gentle pressure to the neck, or stem end, of the pear with your thumb. If it yields to pressure, it is ripe.
- Ripe pears can be refrigerated and used up to five days later.
- To prevent browning, dip cut pears into a solution of 50% water and 50% lemon juice.

Sources:
1. USA Pears: https://usapears.org
2. USDA’s Food Data Central: https://fdc.nal.usda.gov/fdc-app.html#