



## Pear-fect Snack for Kids

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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.
6. Rinse pears with cool, clean water. Core and finely dice pears. Gently fold pears into the batter.
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.

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#>

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.