



Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon	½ cup sorghum syrup
½ teaspoon baking powder	ground ginger	½ cup unsweetened applesauce
½ teaspoon baking soda	¼ teaspoon salt	1 pear , peeled, cored, and diced
½ teaspoon ground cinnamon	1 egg	
	½ cup buttermilk	

Preheat oven to 375 degrees F. **Grease** 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the

mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

Kentucky Sweet Sorghum

SEASON: September to mid-November

NUTRITION FACTS: One tablespoon of sorghum syrup has 60 calories, no fat, 15 grams of added sugar. It also has minerals such as potassium and iron.

SELECTION: The juice of sweet sorghum (*Sorghum bicolor*) is extracted from the plant's stalks. Stalks are crushed, and the extracted juice is cooked down to a thick, sticky syrup.

STORAGE: Store at room temperature in an airtight container.

PREPARATION: Sorghum syrup can be used in the same way honey is used. It adds sweetness to items such as oatmeal, biscuits, tea, or baked beans. It can also be used in baked goods.

SWEET SORGHUM

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

May 2020

Source: <https://www.uky.edu/ccd/sites/www.uky.edu/ccd/files/swsorghum.pdf>

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