

# Disaster Relief Box Recipe: Pear Mug Muffin

Makes 1 serving

Prep+Cook Time: 5-10 mins



## Ingredients:

- 1/2 cup quick cooking oats
- 1/2 cup canned sliced pears
- 1 egg
- 1 tablespoon maple syrup or honey (Sub sugar.)
- Splash shelf-stable milk
- Optional: 1/2 teaspoon cinnamon

## Preparation:

1. Mash sliced pears in a bowl with a fork until smooth.
2. Add in oats, egg, maple syrup/honey/sugar, milk, and optional cinnamon.
3. Transfer mixture to a microwave safe mug.
4. Microwave mug muffin mix for 1 1/2 minutes, or until muffin starts to come away from the sides and the top is firm.
5. Enjoy right out of the mug!



**SLO**  
**FOOD**  
**BANK**

Adapted from: [thechiaco.com](http://thechiaco.com)