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!

Adapted from: thechiaco.com