

Pineapple Muffins

1/3 CUP BUTTER (MELTED)
1 LARGE EGG
8 OZ. SOUR CREAM
8 OZ. CAN CRUSHED PINEAPPLE
2 CUPS SELF-RISING FLOUR*
1/2 CUP PACKED BROWN SUGAR
1/2 CUP CHOPPED PECANS
***IF USING ALL PURPOSE FLOUR, ADD:**
1/2 TEASPOON BAKING SODA
1/2 TEASPOON SALT
2 TSP. BAKING POWDER

Mix the butter, egg, and sour cream in a bowl. Fold in the pineapple with juice. Put the flour, sugar, and pecans in a larger bowl. Make a well in the middle of the flour and pour in the wet pineapple mixture. Mix well. Spray a 12-count muffin pan with cooking spray.

Put 1/4 cup scoops of batter in each muffin section of your 12-count muffin pan. Sprinkle with cinnamon sugar if desired. Bake at 350 degrees for 35-40 minutes. Enjoy with butter while they are hot!

“This recipe is quick and easy and such a treat without all the calories in a cake or store-bought pastry. They are a must try.”

-Tammy