



### Recipe Information

**Number of Serves:** 12 muffins  
(or 30 mini muffins)

**Preparation Time:** 5mins

**Cooking Time:** 20mins

## Soifua Maloloina Speedy Pineapple Muffins

### Method

1. Grease muffin tray
2. Place all ingredients into a large bowl and mix well
3. Fill muffin tray with mixture.
4. Bake at 180°C for 20 minutes or until golden brown

### Ingredients

Spray oil  
1½ cups self-raising flour  
1 egg  
1 cup milk  
1 can pineapple pieces (drained)  
¼ cup sugar

### Soifua Maloloina tips:

- You can add other fruit to the batter – fresh, frozen or tinned. Try mashed banana, frozen berries or grated apple and ginger. Use 1 can of tinned fruit (drained) or 1 cup of chopped or mashed fresh fruit or 1 cup frozen or dried fruit
- Swap plain self-raising flour for wholemeal self-raising flour for extra goodness.
- This recipe can be made as a cake: prepare in a greased cake tin & cook for 45min.
- You can freeze the muffins for up to 3 months.

