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)
¾ 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.