

# Pineapple Muffins

*Mrs Donald B Reibel*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*4 cups Bisquick® baking mix*

*4 tablespoons sugar*

*2 eggs*

*1 1/3 cups water or milk*

*16 ounces pineapple chunks, drained and chopped*

*1 cup nuts, chopped sugar (for sprinkling) (optional)*

Preheat the oven to 400 degrees.

In a bowl, mix the Bisquick, sugar, eggs, nuts and water. Beat vigorously for 30 seconds.

Fold in the Pineapple.

Pour the batter into muffin tins.

You can sprinkle sugar on the top of the muffins, if desired.

Bake for 15 to 20 minutes.

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Per Serving (excluding unknown items): 3138 Calories; 154g Fat (43.3% calories from fat); 68g Protein; 385g Carbohydrate; 26g Dietary Fiber; 424mg Cholesterol; 5756mg Sodium. Exchanges: 22 1/2 Grain(Starch); 4 Lean Meat; 27 Fat; 3 1/2 Other Carbohydrates.