
Pineapple Muffins II

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 can (9 ounce) undrained crushed pineapple

1 cup oatmeal

1/2 cup sour cream

1/3 cup shortening

1/3 cup brown sugar

1 teaspoon grated orange rind

1 egg, beaten

1 1/4 cups flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1 teaspoon salt

In a bowl, combine the pineapple, oatmeal and sour cream. Let stand for 15 minutes.

In a bowl, cream the shortening, brown sugar and orange rind. Add the beaten egg.

In a bowl, sift together the flour, baking powder, baking soda and salt.

Add the flour mixture alternately with the pineapple mixture to the batter. Fill greased muffin cups 2/3 full.

Bake for 25 minutes at 400 degrees.

Yield: 1 dozen

Breads, Muffins

Per Serving (excluding unknown items): 1912 Calories; 97g Fat (45.5% calories from fat); 39g Protein; 223g Carbohydrate; 13g Dietary Fiber; 263mg Cholesterol; 3403mg Sodium. Exchanges: 11 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 18 1/2 Fat; 3 Other Carbohydrates.