

# Sandis Sunshine Muffins

*Sandi Goodness*

*Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009*

**Yield: 12 muffins**

*1 3/4 cups flour  
4 tablespoons sugar  
2 1/2 teaspoons baking powder  
3/4 teaspoon salt  
1 can (8 ounce) crushed pineapple, undrained  
1 egg  
1/2 cup milk  
1/3 cup oil  
1/4 cup dates or dried apricots, chopped  
1/4 cup sunflower seeds*

Preheat the oven to 400 degrees.

Sift the flour, sugar, baking powder and salt into a mixing bowl. Make a well in the center.

In a bowl, combine the egg, milk, oil, pineapple with juice, dates and sunflower seeds. Add all at once to the dry ingredients. Stir only until the dry ingredients are moistened.

Fill greased muffin pans to 2/3 full.

Bake for about 25 minutes.

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Per Serving (excluding unknown items): 2136 Calories; 101g Fat (42.0% calories from fat); 42g Protein; 272g Carbohydrate; 12g Dietary Fiber; 229mg Cholesterol; 2956mg Sodium. Exchanges: 11 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Fruit; 1/2 Non-Fat Milk; 18 1/2 Fat; 3 1/2 Other Carbohydrates.