

# Sugar Free Pineapple Muffins

Delicious sugar-free muffin recipe, using crushed pineapple.

## **Ingredients:**

1/2 cup or 1 stick butter, softened  
3 eggs  
1 cup pineapple juice  
1 tsp lemon juice  
2 1/2 cups plain (all-purpose) flour  
1 tsp baking soda  
2 tsp baking powder  
1/2 tsp salt  
1 cup well-drained crushed pineapple

## **Directions:**

Preheat oven to 350°F

Combine the butter and eggs in a mixing bowl and beat until the mixture is light and smooth. Add the pineapple juice and lemon juice and mix well. In another small bowl, mix together the flour, baking soda, baking powder and salt. Add the flour mixture to the butter and eggs. Mix well. Stir in the crushed pineapple. Do not overmix the batter as it will result in a tough muffin.

Grease a 12 cup muffin tin or line with paper muffin cups. Fill the cups two-thirds full with the muffin mix. Bake for 20 minutes or until a toothpick inserted into the muffins comes out clean.