

PINEAPPLE MUFFINS

1 1/2 cups Raisin Bran cereal
1 can (8 oz.) crushed pineapple, undrained
1/2 cup plain non-fat yogurt
1/3 cup packed brown sugar
1/4 cup vegetable oil
1 egg, slightly beaten
1 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 cup chopped pecans, optional



Preheat oven to 400°F. Grease or paper line 12 (2 1/2-inch) muffin cups. Combine cereal, pineapple, yogurt, sugar, oil and egg in bowl. Let stand 10 minutes. Stir to break up cereal. Combine flour, baking powder, baking soda and pecans in separate bowl. Add cereal mixture all at once to flour mixture; stir just until moistened. Divide evenly among prepared muffin cups. Bake 20 to 25 minutes or until tester inserted in center comes out clean. Serve warm.

Makes 12 muffins.

Nutrition information per muffin: 143 calories, 22.5g carbohydrate, 2.5g protein, 5g fat, 19mg cholesterol, 66mg sodium, 1.5g dietary fiber



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