

Pineapple Mango Breakfast Muffins

A Bountiful Kitchen

1 cup white flour

1/2 cup wheat flour

1/3 cup sugar (if you like your muffins sweet, increase this to 1/2 cup)

1 1/2 teaspoons baking soda

1/2 teaspoon salt

1-8 oz can crushed pineapple, drained

1 large ripe mango (important that it is ripe and sweet), pitted, peeled and diced

7-8 oz plain or vanilla yogurt (I used greek yogurt)

2 eggs

1/2 cup canola oil

additional sugar (about one tablespoon) for top of muffin, if desired

Preheat oven to 400 with rack in center of oven.

Combine all dry ingredients in a bowl.

Make a well in the center of the dry ingredients, place drained pineapple, diced mango, yogurt, eggs and oil in the well. Or just mix the wet ingredients in a separate bowl, then pour all at once into the dry ingredients. Fold the wet ingredients into the dry, just until the flour disappears. Do not over mix.

Scoop the batter into a muffin tin that has been greased or lined with cupcake liners. Fill muffin tins about 3/4 full. Sprinkle with sugar if desired.

Bake for about 15-18 minutes or until tops are golden and muffin springs back when touched lightly.

Makes approximately 10-12 muffins.