
Healthy Avocado Pineapple Muffins

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Preparation Time: 20 minutes

Bake Time: 20 minutes

2/3 cup ripe avocado, cubed

3 large eggs, room temperature

1/3 cup honey

2 tablespoons canola oil

1 can (8 ounce) unsweetened crushed pineapple, undrained

2 cups all-purpose flour

1/2 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon ground cinnamon

3/4 cup toasted pecans, chopped and divided

Preheat the oven to 375 degrees.

In a large bowl, beat the avocado until only small lumps remain. Add the eggs, honey and oil. Beat until blended. Stir in the pineapple.

In another bowl, whisk the flour, salt, baking powder, baking soda and cinnamon. Add to the avocado mixture. Stir just until moistened. Fold in one-half cup of pecans.

Fill twelve greased or foil-lined muffin cups. Sprinkle the tops with the remaining one-quarter cup of pecans.

Bake until a toothpick inserted in the center comes out clean, 20 to 25 minutes. Cool for 5 minutes before removing from the baking pan to a wire rack.

Yield: 1 dozen

Breads, Muffins

Per Serving (excluding unknown items): 1712 Calories; 45g Fat (23.4% calories from fat); 45g Protein; 284g Carbohydrate; 8g Dietary Fiber; 636mg Cholesterol; 2159mg Sodium. Exchanges: 12 1/2 Grain(Starch); 2 1/2 Lean Meat; 6 1/2 Fat; 6 Other Carbohydrates.