

## **Low-Point Pineapple Muffins**

Ingredients:

- 1 1/2 cups unbleached flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1/2 cup Splenda granulated sugar
- 1 egg
- 2 Tbs. vegetable oil
- 1/4 cup raisins
- 1/2 cup lowfat milk
- 1 can crushed pineapple - (8 oz.)
- 1/4 cup brown sugar

Combine the dry ingredients in a bowl. Add the remaining ingredients and stir to blend. Spoon into muffin tins or paper muffin cups. Bake at 350 for 17 to 20 minutes.

Total Servings = 12

Serving Size = 1

Total points per serving = 1.8

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))