TROPICAL FRUIT MUFFINS

Made 3 Different Ways – with fresh, frozen or canned ingredients

Yields 6 muffins

INGREDIENTS

- 1 cup Baking Flour
- 1 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- ¼ teaspoon Salt
- ½ cup Vanilla Greek Yogurt
- 1 teaspoon Vanilla Extract
- 2 Eggs
- ¼ cup Maple Syrup
- ¾ cup Unsweetened Coconut Flakes
- 1 cup Fresh or Frozen or Canned Pineapple, diced
- 1 cup Fresh or Frozen or Canned Mango, diced

DIRECTIONS

1. Preheat oven to 325° F.
2. Whisk together flour, baking powder, baking soda, and salt in a bowl.
3. In a separate bowl, add yogurt, vanilla, eggs, and maple syrup. Mix well.
4. Add dry ingredients to wet ingredients and stir until just combined. Add coconut flakes.
5. If using fresh fruit, rinse and dice into ¼ inch cubes and add directly into batter. If using frozen fruit, do not thaw and add directly into batter. If using canned fruit, drain and rinse fruit and add directly into batter.
6. Spoon batter into greased muffin tins, filling ¾ of the way. (Instead of greasing the tin, you can use paper baking cups.)
7. Bake for 25 minutes, until toothpick inserted into muffin comes back clean.

Recipe by the Food Bank’s Healthy Habits Team who bring nutrition education directly to the guests of Food Bank member agencies. For more information, visit rifoodbank.org.