

# Pina Colada Muffins



*Preheat oven to 375°F/190C. Line 12 regular muffin cups, or 24 minis (can be halved)*

***Combine in a bowl:***

1 cup / 250 ml flour  
 $\frac{3}{4}$  cup / 180 ml rolled oats  
1 teaspoon / 5 ml baking powder  
 $\frac{1}{2}$  teaspoon / 2.5 ml baking soda  
 $\frac{1}{2}$  teaspoon / 2.5ml salt

***In a separate bowl, soften:***

$\frac{1}{4}$  cup / 50ml butter, with  $\frac{1}{2}$  cup / 125 ml sugar

***Add to butter mixture and combine***

1 egg, beaten  
1 cup yogurt or sour cream  
1 teaspoon / 5 ml rum or rum extract  
1 cup / 250 ml crushed pineapple, well drained  
 $\frac{1}{2}$  cup / 125 ml flaked or ground unsweetened coconut

Combine liquid and dry ingredients, mixing just until moistened. Fill muffin cups. Bake for 18 - 23 minutes, or until golden.