

# Pineapple Poppy Seed Surprise Muffins

## Ingredients

- Non-stick cooking spray
- 1  $\frac{3}{4}$  cups all purpose flour
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon baking soda
- $\frac{3}{4}$  cup sugar
- 1 beaten egg
- $\frac{1}{2}$  cup sour cream
- $\frac{1}{4}$  cup buttermilk
- $\frac{1}{4}$  cup melted butter
- 1 (20-ounce) can crushed pineapple, well-drained and juice reserved
- 1 tablespoon poppy seeds

### For the Cream Cheese Filling:

- 4 ounces (half an 8-ounce package) cream cheese, softened to room temperature
- 2 tablespoons powdered sugar

### For the Glaze:

- 1 cup powdered sugar
- 2 tablespoons (or more) reserved pineapple juice



## Method

1. Preheat oven to 350 degrees. Spray 12 muffin cups with non-stick cooking spray or line with paper baking cups.
2. In a large mixing bowl, stir together the flour, salt, baking soda, and sugar. Make a well in centre and add the egg, sour cream, buttermilk, and butter. Mix until just blended (my mixture was thick), then stir in crushed pineapple and poppy seeds.
3. In a small mixing bowl, stir together the cream cheese and 2 tablespoons powdered sugar until smooth. Fill muffin cups about  $\frac{1}{2}$  full with muffin batter.
4. Top batter with a rounded teaspoon of cream cheese mixture. Spoon remaining batter on top of cream cheese mixture until cup is about  $\frac{3}{4}$  full.
5. Bake for about 20 minutes or until muffins are set and light golden brown on top. (They did not “puff” in centre too much.)
6. Meanwhile, in a small mixing bowl, stir together 1 cup powdered sugar and 2 tablespoons reserved pineapple juice until smooth (may use more pineapple juice if glaze is too thick).
7. Remove muffins from oven and place on wire rack on baking tray. Drizzle glaze over each muffin while hot. Let cool for about 10 minutes. About 14 muffins.