

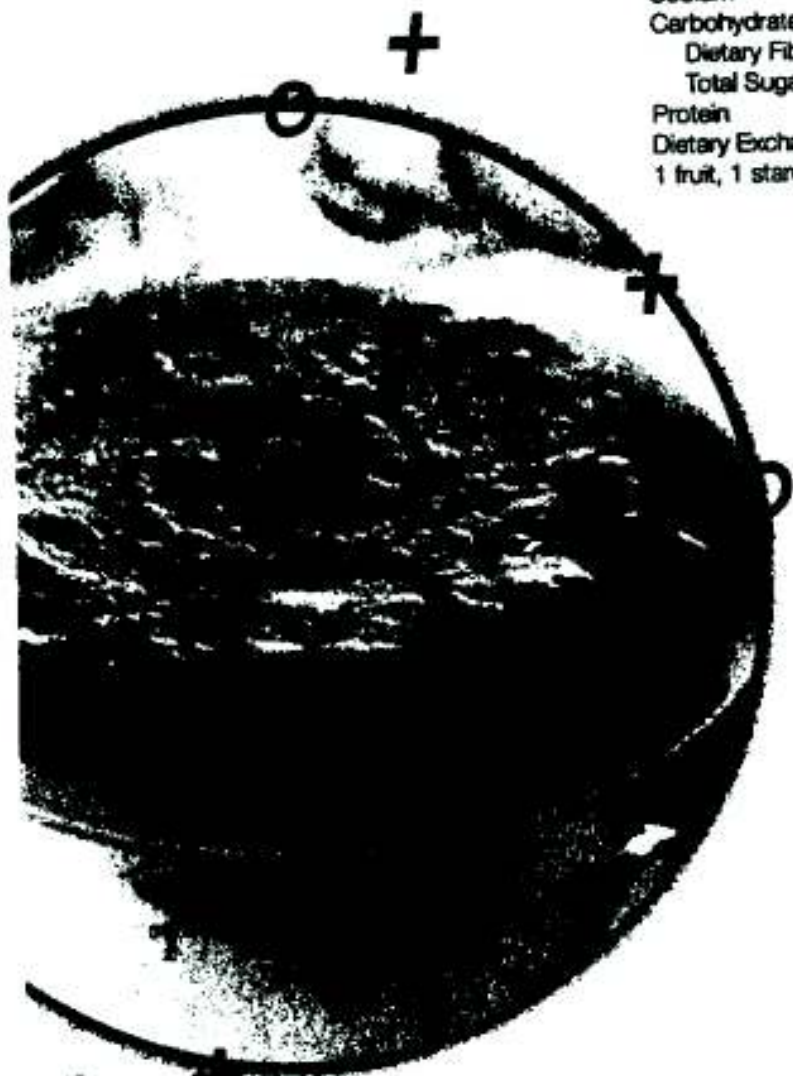
# PINEAPPLE UPSIDE-DOWN CAKE

Serves 8

## INGREDIENTS

- 1 20-ounce can pineapple slices in their own juice, drained, juice reserved
- $\frac{1}{4}$  cup low-calorie brown sugar blend
- $\frac{3}{4}$  cup granulated no-calorie sweetener, divided use
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{16}$  teaspoon salt
- 1 medium ripe banana, peeled, chopped, and mashed with a fork
- 2 large eggs
- $\frac{1}{2}$  cup low-fat buttermilk
- 1 tablespoon canola or corn oil
- 1 tablespoon water
- 1 teaspoon vanilla extract

<b>NUTRITION FACTS</b>	<b>Per serving</b>
Calories	188
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.5 g
Cholesterol	47 mg
Sodium	187 mg
Carbohydrates	35 g
Dietary Fiber	2 g
Total Sugars	17 g
Protein	4 g
Dietary Exchanges:	
	1 fruit, 1 starch, $\frac{1}{2}$ other carbohydrate, 1 fat



## DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a 9-inch round baking pan with cooking spray.
2. In a medium heavy-duty pot, bring the pineapple juice, brown sugar blend, and  $\frac{1}{4}$  cup sweetener to a boil over high heat. Let the mixture boil for about 8 to 10 minutes, or until bubbly and reduced by about one-fourth, stirring occasionally. (The amount of liquid should be around  $\frac{3}{4}$  cup.) Be sure to watch carefully while the mixture is boiling in case it reduces quickly. Remove from the heat.
3. Pour the pineapple juice mixture into the pan. Arrange as many pineapple slices (about 7) as will fit in the pan. Reserve the remaining pineapple slices.
4. Meanwhile, in a small bowl, whisk together the flour, baking powder, baking soda, cinnamon, salt, and the remaining  $\frac{1}{2}$  cup sweetener.
5. Put the banana in a large bowl. Stir in the eggs, buttermilk, oil, water, and vanilla. Stir in the flour mixture. Chop the reserved pineapple slices. Stir into the batter.
6. Pour the batter over the pineapple slices in the baking pan. Bake for 50 minutes, or until a wooden toothpick inserted in the center of the cake comes out clean.
7. Transfer the pan to a cooling rack. Let cool for 10 minutes. Run a butter knife along the edges of the pan to prevent the cake from sticking; don't skip this step. Using potholders, invert the cake onto a plate. Serve warm or at room temperature.