



April 23- Pineapple Snack Cakes

Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/pineapple-snack-cakes>

Recipe

Ingredients:

- 20 ounces crushed pineapple in 100% juice
- 1 cup whole-wheat flour
- $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup white sugar
- 3 Tablespoons oil
- 1 teaspoon vanilla
- 2 eggs

Directions:

1. Preheat oven to 350°F. Line a muffin tin with liners or spray with cooking spray.
2. Drain juice from the pineapple into a cup or bowl. Save the juice for step 4. Dab pineapple with a paper towel to dry.
3. Whisk whole wheat flour, all-purpose white flour, baking powder, baking soda, and salt together in a medium bowl.
4. Beat sugar, oil, vanilla, and $\frac{1}{4}$ cup of the saved pineapple juice until combined. Beat in eggs. Stir in the crushed pineapple.
5. Pour the wet ingredients into the dry ingredients. Stir until just combined. Divide the batter into the muffin tins.
6. Bake until the snack cakes are golden about 18–20 minutes.
7. Store leftovers in an airtight container in the refrigerator.

Yield 12 servings

Nutrition Facts

Serving Size 1 muffin (86.28g)
Servings Per Container 12

Amount Per Serving

Calories 170 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 210mg **9%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **7%**

Sugars 15g

Protein 3g **7%**

Vitamin A 0% • Vitamin C 2%

Calcium 10% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.