



## Pineapple Upside-Down Cake Mugs



1/2 of recipe (1 cake): 201 calories, 3g total fat (1g sat. fat), 343mg sodium, 39g carbs, 1g fiber, 26g sugars, 4g protein

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**Prep:** 10 minutes    **Cook:** 5 minutes

**Cool:** 15 minutes



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### Ingredients

2 tsp. light whipped butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)  
1 tbsp. brown sugar (not packed)  
2 pineapple rings packed in juice, drained  
2 maraschino cherries  
1/4 cup plus 2 tbsp. moist-style yellow cake mix  
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute  
2 tbsp. fat-free plain Greek yogurt  
1/4 tsp. baking powder

### Directions

Spray two microwave-safe mugs with nonstick spray.

Place butter in one mug, and microwave for 10 seconds, or until melted. Add brown sugar and mix well.

Divide butter mixture between the mugs, evenly coating the bottoms.

Blot pineapple rings and cherries to remove any excess moisture. Lay a ring in each mug, and place a cherry in the center.

In a medium bowl, combine remaining ingredients. Add 1/4 cup water, and whisk until uniform.

Evenly distribute cake mixture between the two mugs. Microwave for 2 minutes, or until set.

Immediately run a knife along the edges of each mug to help separate the cake from the mug.

Firmly place a plate over each mug, and carefully flip so that the plate is on the bottom. Gently shake mug to release cake.

Let cool completely, about 15 minutes.

**MAKES 2 SERVINGS**

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