

INDIVIDUAL PINEAPPLE UPSIDE-DOWN CAKES

PREP: 15 min. BAKE: 20 min. SERVINGS: 2

4 tsp. butter melted, divided
4 tsp. brown sugar
2 pineapple slices, unsweetened*
2 maraschino cherries
1/3 cup all-purpose flour
3 TBSP. sugar
½ tsp. baking powder
1/8 tsp. salt
Dash ground nutmeg
3 TBSP. fat-free milk (low fat can be used but calories/fat are higher)
¼ tsp. vanilla extract

1. Pour ½ tsp. butter into each of two 10 oz. ramekins (or similar) coated with cooking spray. Sprinkle with brown sugar. Top with pineapple slice. Place a cherry in the center of each pineapple slice, set aside.
2. In a small bowl, combine the flour, sugar, baking powder, salt, and nutmeg. Beat in the milk, vanilla, and remaining butter just until combined. Spoon over pineapple.
3. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes. Run a knife around between the cake and the dish, invert onto a plate. Serve warm.

Nutrition facts: 1 serving equals 290 calories, 8 g fat (5 g saturated), 21 mg cholesterol, 318 mg sodium, 53 g carbohydrate, 1 g fiber, 3 g protein.