



3-Ingredient Piña Colada Cake



1/8th of recipe: 166 calories, 2g total fat (1g sat. fat), 262mg sodium, 34g carbs, 0.5g fiber, 20g sugars, 2.5g protein

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Prep: 5 minutes **Cook:** 30 minutes

Cool: 1 hour



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Ingredients

1 3/4 cups moist-style yellow cake mix (about 1/2 box), or HG Alternative below
One 8-oz. can crushed pineapple in juice (not drained)
One 5.3-oz. container fat-free or reduced-fat coconut Greek yogurt (like [Chobani Coconut Blended Low Fat](#)), or more for topping
Optional toppings: light whipped topping, shredded coconut

Directions

Preheat oven to 350 degrees. Spray a [9-inch round cake pan](#) with nonstick spray.

In a large bowl, combine cake mix, (undrained) pineapple, and yogurt. Stir until uniform.

Spread batter into the pan. Bake until a toothpick inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

MAKES 8 SERVINGS

HG Tip: Mix some light whipped topping with additional coconut yogurt for a super-tasty topping!

HG Alternative: If made with sugar-free cake mix (like the [kind by Pillsbury](#)), each serving will have 128 calories and 5g sugars (**SmartPoints®** value 4* on all plans).

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