



## 2-Ingredient Pineapple Bliss Cake



1/8th of cake: 150 calories, 2.5g total fat (0.5g sat fat), 253mg sodium, 31g carbs, <0.5g fiber, 18g sugars, 1g protein

**Freestyle™ SmartPoints®** value 7\*

**Prep:** 5 minutes    **Cook:** 20 minutes

**Cool:** 1 hour

Tagged: [Dessert Recipes](#), [Meatless Recipes](#), [5 Ingredients or Less](#)



### Ingredients

1 3/4 cups moist-style yellow cake mix (about 1/2 box), or HG Alternative

One 8-oz. can crushed pineapple in juice (not drained)

Optional topping: light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))

### Directions

Preheat oven to 350 degrees. Spray a 9-inch round cake pan with nonstick spray.

In a large bowl, stir cake mix with undrained pineapple until uniform. (Batter will be thick, but DON'T add anything else!)

Spread batter into the cake pan. Bake until a toothpick inserted into the center comes out mostly clean, 18 - 20 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 Alternative:** If made with sugar-free cake mix (like [the kind by Pillsbury](#)), each serving will have 113 calories and 3.5g sugars (**Freestyle™ SmartPoints®** value 4\*).

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.