



## 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

**Freestyle™ SmartPoints®** value 8\*

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

**Cool:** 1 hour



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

### 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 (**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.