



3-Ingredient Pineapple Spice Cake



1/6th of recipe: 186 calories, 2.5g total fat (1g sat. fat), 296mg sodium, 38.5g carbs, 0.5g fiber, 23g sugars, 2.5g protein

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



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Ingredients

1 3/4 cups moist-style spice cake mix (about 1/2 box)
One 8-oz. can crushed pineapple in juice, drained
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
Optional: light whipped topping

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine cake mix, drained pineapple, and egg whites/substitute. Mix thoroughly. (Batter will be thick.)

Transfer to the baking pan, and smooth out the top. Bake for 25 - 30 minutes, until a toothpick or knife inserted into the center comes out clean.

MAKES 6 SERVINGS

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