



Pineapple Fluff Cake



Entire recipe: 177 calories, 2.5g total fat (1.5g sat. fat), 246mg sodium, 53g carbs, 0.5g fiber, 21.5g sugars, 2.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 10 minutes



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Ingredients

Cake

3 tbsp. yellow cake mix
1 1/2 tbsp. crushed pineapple in juice (not drained)
1 tbsp. (about 1/2 large) egg white or liquid egg substitute

Topping

2 tbsp. light whipped topping (thawed from frozen)
2 tbsp. crushed pineapple in juice, drained, divided
1 tbsp. natural no-calorie powdered confectioner's sweetener that measures like sugar

Directions

Spray a microwave-safe mug or small bowl with nonstick spray. Add cake ingredients, and mix well. Microwave for 1 minute, or until set.

Let cool slightly, about 10 minutes.

In a small bowl, combine whipped topping with 1 tbsp. drained pineapple. Mix well.

In a second small bowl, combine sweetener and 1/2 tsp. water. Mix to a glaze consistency. For a thinner consistency, add more water.

Top cake with whipped topping mixture, remaining 1 tbsp. drained pineapple, and glaze.

MAKES 1 SERVING

HG Alternative: Wanna dial back the sugar? Use sugar-free cake mix instead!

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