

MINI PINEAPPLE UPSIDE DOWN CAKES

Gretchen Tseng of [Veggie Grettie](#)



It has been YEARS since I last had pineapple upside-down cake. Out of the blue a craving hit and I decided to challenge myself to come-up with a healthier version.

Along the way I discovered that this recipe makes a wonderful pancake batter as well...you have to love the dual purpose nature of this batter!

INGREDIENTS - *Makes 12-16 muffins*

Prep Time – 15-20 minutes

Recipe is FREE of gluten, egg, soy, peanut, and oil

Wet Ingredients

12 pineapple slices, drained (reserve 2 Tbs. juice from the can)

12 Morello cherries

1 1/2 cup canned crushed pineapple

1 cup applesauce

Dry Ingredients

2 Tbs [SweetLeaf SugarLeaf](#)

1-2 Tbsp pineapple juice

1 tsp vanilla

1 tsp baking soda

1/4 tsp salt

[1 cup King Arthur's Gluten Free Multi-Purpose Flour](#)

1/2 cup GFree pancake mix

1/2 cup blanched almond flour

1 tsp xanthan gum

honey or maple syrup

METHOD

1. Preheat oven to 350° (*I used convection bake*).
2. Trim the pineapple slices to the size of the bottom of your muffin tin (I used a biscuit cutter).
3. In a large mixing bowl add 1 cup applesauce, crushed pineapple, pineapple juice, and vanilla. Mix.
4. Add baking soda, salt, xanthan gum, pancake mix, and flours to a separate bowl and whisk to evenly distribute.
5. Add the dry ingredients to the wet and mix well to incorporate.
6. Lightly grease the muffin tins (I used coconut oil).
7. Line the bottom of each tin with one slice of pineapple and a cherry in the middle.
8. Cover each pineapple and cherry slice with batter until the muffin tins are 3/4 full.
9. Bake for approx. 15 minutes until a tooth pick comes out clean.
10. Allow the pan to cool for 5 minutes.
11. Turn the cakes out onto a cooling rack and top with maple syrup or honey while still warm.