



PINEAPPLE UPSIDE DOWN CAKE



INGREDIENTS:

- 1/4 cup crushed pineapple
- 1 scoop protein powder
- 2 tbsp oat flour
- 1 tsp unsweetened applesauce
- 1/4 tsp baking soda
- 1/2 tsp baking powder
- 1/4 cup almond milk
- 1 tsp sugar free maple syrup

DIRECTIONS:

- 1) Heat oven to 350 degrees.
- 2) Place pineapple and 1/2 tsp maple syrup in bottom of small ramekin or oven safe small bowl.
- 3) In another bowl, combine all other ingredients, including the other 1/2 tsp maple syrup.
- 4) Pour batter over the pineapple and place ramekin in the oven.
- 5) Bake for 10-12 minutes. Remove and immediately invert onto a plate, letting it sit with ramekin on top for 2-3 minutes.
- 6) Lift ramekin and serve

Enjoy!

Makes 1 serving

Calories: 248 | Protein: 26 gm | Carbs: 30 gm | Fat: 3 gm