



PINEAPPLE UPSIDE DOWN CUPCAKES

SERVES: 12 (1 cupcake each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 2 1½

FOR TOPPING:

- ½ cup** light brown sugar
- 2 Tbsp.** ghee (organic grass-fed, if possible), melted
- ½ cup** crushed pineapple, in 100% pineapple juice, drained, juice reserved
- 6** maraschino cherries, cut in half

FOR CUPCAKES:

- 1½ cups** gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- ½ cup** light brown sugar
- ¾ tsp.** baking powder, gluten-free
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- 1** large egg
- ⅓ cup** reserved pineapple juice
- ¼ cup** coconut milk beverage
- ¼ cup** ghee (organic grass-fed, if possible), melted
- ½ tsp.** pure vanilla extract

- 1.** Preheat oven to 325° F.
- 2.** Coat muffin tin with cooking spray. Set aside.
- 3.** To make the topping, combine brown sugar and ghee.
- 4.** Divide brown sugar mixture evenly among muffin cups.
- 5.** Add 2 tsp. pineapple to each cup and place ½ maraschino cherry in the center of each. Set aside.
- 6.** To make the cupcakes, combine flour, brown sugar, baking powder, and salt in a medium bowl; mix well. Set aside.
- 7.** Combine yogurt, egg, pineapple juice, coconut milk, ghee, and extract in a large bowl; mix well.
- 8.** Add flour mixture to yogurt mixture; mix until well combined.
- 9.** Divide batter evenly among muffin cups.
- 10.** Bake 18 to 20 minutes, rotating once halfway through, until a toothpick inserted into center of cupcake comes out clean.
- 11.** Let cool until you can handle the pan.
- 12.** Run a knife around the edge of each cupcake and invert pan onto a wire rack to remove cupcakes to finish cooling.

RECIPE NOTES:

- Check the ingredients on your canned pineapple to be sure it is in its own juice, not syrup.
- Place crushed pineapple in a fine strainer and stir with a spoon to completely remove the juice before adding to cupcake pan.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 213 **Total Fat:** 7 g **Saturated Fat:** 4 g **Cholesterol:** 35 mg **Sodium:** 64 mg **Carbohydrates:** 36 g **Fiber:** 1 g **Sugars:** 21 g **Protein:** 2 g

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