



Pineapple Coffee Cake

TriHealth Dietician Approved

Quick facts

- Serving size: 1 serving (1 square); makes 9 servings
- Calories: 253 kcal
- Carbs: 38 g
- Fat: 9 g
- Protein: 5 g
- Sodium: 476 mg

Ingredients

- ☐ 1 cup whole-wheat pastry flour
- ☐ 1 cup all-purpose flour
- ☐ 1/2 cup plus 2 tablespoons sugar, divided
- ☐ 1 tablespoon baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1/2 teaspoon salt
- ☐ 1 large egg
- ☐ 1 cup nonfat plain yogurt
- ☐ 1/4 cup canola oil
- ☐ 1 teaspoon vanilla extract
- ☐ 1 1/2 cups diced pineapple* chunks, blotted dry and coarsely chopped
- ☐ 1/4 cup chopped pecans

Instructions

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.
2. Mix whole-wheat flour, all-purpose flour, 1/2 cup sugar, baking powder, baking soda, and salt in a medium bowl.
3. Whisk egg, yogurt, oil, and vanilla in a large bowl until smooth. Add the dry ingredients and stir with a rubber spatula until just blended (Do not over mix). Fold in pineapple. Scrape the batter into the prepared pan.
4. Combine pecans and the remaining 2 tablespoons sugar in a small bowl. Sprinkle over the batter.
5. Bake the cake until the top is golden and a skewer inserted in the center comes out clean, 50 to 55 minutes. Let cool in the pan on a wire rack for about 20 minutes. Cut into squares and serve warm.

Bon Appetit!

Recipe source: not specified