Pineapple Upside Down Cake Pancake Muffins

Pineapple Upside Down Cake Pancake Muffins (Sourdough Version)

Makes 14

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61e8ae14ac654f219c592521

- 15 oz can crushed pineapple
- 14 maraschino cherries
- 7 Tbsp brown sugar substitute
- 1 cup sourdough starter or discard
- 1/2 cup flour
- 1/4 cup 1% milk
- 1 egg (beaten)
- 1 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp unsweetened applesauce

1. Spray 14 of the wells in the muffin tin with non stick spray. To each well, add 1/2 Tbsp of brown sugar, 1 Tbsp crushed pineapple and 1 cherry (pushed down in the center). Bake in the oven for 3 1/2 to 4 minutes until sugar is caramelized.

2. In a mixing bowl, combine sourdough, flour, egg, milk, extract, applesauce, salt, 2/3 cup crushed pineapple, reserved pineapple juice (2 TBSP). Mix well. Add baking soda. Mix well.

3. Divide pancake mixture evenly over pineapple/sugar mixture.

4. Bake for approx 16 minutes at 350. Let cool 5 minutes. Take a thin blade knife and run along the edges of the muffins and lift out carefully.

Breakfast
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