

# Pineapple Upside Down Cake Pancake Muffins

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Adapted from Denise from Dish With Dee and Amanda Cypert, both on YouTube

Makes 9 muffins

1 point per muffin – Blue and Purple

Green – 1 muffin, 2 points. 2 muffins, 3 points, 3 muffins, 5 points

- 15 oz can crushed pineapple, divided, juice drained and 2 Tbsp reserved (will not use entire can)
- 9 maraschino cherries
- 9 tsp Swerve Brown Sugar
- 1 cup Birch Benders or Kodiak PROTEIN pancake mix (I prefer Birch Benders)
- 2 eggs
- 1 tsp baking powder
- 1/2 cup almond milk
- 1 tsp vanilla or cake batter extract

Preheat oven to 350 degrees.

Spray 9 of the wells in the muffin tin with non stick spray. To each well, add 1 tsp 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.

In a mixing bowl, combine pancake mix, eggs, almond milk, extract, 2/3 cup crushed pineapple, reserved pineapple juice (2 TBSP) and baking powder. Mix well.

Divided pancake mixture evenly over pineapple/sugar mixture.

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.

See my "cook with me" video here:

<https://youtu.be/aXphHtyaAl8>