



Chef Maria's

# Maui Pineapple Cupcake

Pre-heat oven to 325°  
Makes 18 cupcakes

## Ingredients:

2 cups all-purpose flour  
2 tsp baking soda  
½ tsp sea salt  
½ cup non-sweetened applesauce  
1 TBS fresh lemon juice  
¾ cup almond milk or low fat milk  
3 whole eggs  
1 tsp vanilla extract or vanilla coffee syrup  
1 ½ cups granulated sugar  
8 oz. (1 cup) fresh crushed Maui (or Dole) pineapple

## Directions:

1. Lightly coat cupcake pan with low fat butter, or use a non-stick pan.
2. In medium bowl, combine flour, baking soda and sea salt.
3. In a separate bowl whisk applesauce, lemon juice, milk, eggs, and vanilla. Stir in sugar and crushed pineapple.
4. Once blended, add flour mixture. Mix until smoothly blended.
5. Pour batter into cupcake pan.
6. Bake for 20-25 minutes.
7. Let cool for 10 minutes before icing.

## Sweet Pineapple Icing:

1 cup softened unsalted butter  
7 cups powdered sugar  
¼ cup pineapple juice (from crush pineapple)  
¼ cup low fat milk

1. Blend all ingredients in medium bowl.
2. Add more sugar or pineapple juice to your likeness.
3. Blend until smooth.
4. Spread on cupcakes, and enjoy!



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