Healthier Right Side Pineapple Cake

NIBBLEDISH CONTRIBUTOR

Ingredients

1/2 cup unsweetened applesauce
8 oz crushed dry canned pineapple
1/3 cup milk
4 egg whites
1/2 tsp pure vanilla extract
1-3/4 cup whole wheat flour
1/3 cup light brown sugar
2 tsp baking powder
1/4 cup light brown sugar

Instructions

Preheat the oven to 350°F. Lightly grease a 9 inch square baking pan.
In a large mixing bowl combine together the flour with the powder and the 1/3 cup sugar.
Pour in the blender the egg whites with the applesauce, the vanilla extract and the milk. Blend on high speed until it's white and creamy. Stir in the flour mixture. Stir well with a wooden spoon. Pour batter into the greased baking pan. Cover with the dry crushed pineapple. Sprinkle very well with the remaining 1/4 cup brown sugar. Pour in the oven and bake about 30-35 minutes. Remove and cool about 10 minutes. Cut into squares and serve.