



## Pineapple Cranberry Coffeecake

*A new take on pineapple upside-down cake, this starter will no doubt get finished off later in the day with cups of tea or as dessert in the evening.*

- 1 (20-ounce) can chunk pineapple, packed in juice, drained
- $\frac{1}{2}$  cup packed light brown sugar
- 2 tablespoons gold rum
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1 $\frac{1}{4}$  cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- $\frac{2}{3}$  cup sugar
- $\frac{1}{2}$  cup unsalted butter, softened
- 1 large egg
- 2 teaspoons vanilla extract
- $\frac{2}{3}$  cup low-fat buttermilk
- 1 cup chopped fresh cranberries

1. Preheat oven to 350F. Line a 9-inch square baking pan with foil and coat with cooking spray.

2. Combine pineapple, brown sugar, rum and cinnamon in pan.

3. Whisk flour, baking powder, baking soda and salt in a medium bowl.

4. Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended, about 5 minutes. Beat in egg and vanilla. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat until blended. Stir in cranberries. Pour over pineapple mixture.

5. Bake 35 to 40 minutes, until lightly brown and a toothpick inserted into the center of the cake comes out clean. Cool on a wire rack 5 minutes, then invert onto a serving plate. Serves 8.

*Per serving: 230 calories, 6g fat, 3g prot., 37g carbs., 1g fiber, 220mg sodium.*