

Pineapple Angel Food Cake

Recipe Type: Dessert

Serves: 12

Prep Time: 5 minutes

Cooking Time: 40 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

1–16 oz box Angel Food Cake mix

1–20 oz can crushed pineapple in its own juice

Fat free whipped cream

Cooking spray

What to do:

1. Wash your hands
2. Preheat oven to 350°F.
3. Open the Angel Food Cake mix. **Do not** follow instructions on the box.
4. Blend the cake mix with the crushed pineapple in a bowl, including the juice.
5. Mix well until everything is wet.
6. Pour into a greased 9x12 inch baking pan.
7. Bake at 350°F for 30–40 minutes.
8. Cake is ready when it is slightly brown on top and spongy to the touch.
9. Cut into 12 pieces.
10. Add a tablespoon of whipped cream to each piece.
11. Enjoy!



This is a picture of 1 serving.

Contains Wheat and Milk

Nutrition Facts	
12 servings per container	
Serving size	1 Slice (90g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 40g	15%
Dietary Fiber 0g	0%
Total Sugars 32g	
Includes 24g Added Sugars	48%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 0mg	0%
Potassium 82mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FK=4.8