Pineapple Upside-Down Cake in a Mug

For those moments when you need cake ASAP, just grab a mug and you'll be digging into this adorable individual serving of pineapple upside-down cake in minutes.

Level: Easy

Total: 10 min Active: 10 min

Yield: 1 serving

2 tablespoons maple syrup or dark amber agave syrup
1 pineapple ring, well drained and patted dry
1 maraschino cherry, stemmed and patted dry
3 tablespoons all-purpose flour 1 tablespoon
Sugar 1/2 teaspoon
Baking powder
Pinch kosher salt
1 tablespoon plus 1-teaspoon milk
1-tablespoon plain Greek yogurt
1 1/2 teaspoons coconut oil, at room temperature
Whipped cream, for serving, optional

Pour the syrup into the bottom of a microwave-safe mug wide enough to fit the pineapple ring. Put the pineapple ring in the mug and put the cherry in the middle of the ring. Whisk together the flour, sugar, baking powder and salt in a small bowl. Mix the milk, yogurt and coconut oil in a small bowl to combine. Add the dry ingredients to the wet and mix until just combined. Spread the batter over the pineapple. Microwave in 30- second intervals until the cake is slightly domed and a toothpick inserted in the center comes out clean, about 90 seconds.

Cool slightly; the cake should easily pull away from the sides of the mug. Invert the cake onto a plate and uncover. Serve with whipped cream if desired.