Personal Pineapple Upside Down Cake  
Makes 5 Cakes

- 5 t unsalted butter, divided
- 1/4 cup Bisquick heart smart mix
- 1/4 cup quick oats
- 1 egg
- 2 T skim milk
- 2 T pineapple juice (from can)
- 1/4 t vanilla extract
- Pinch salt
- 5 t packed brown sugar, divided
- 5 T canned crushed pineapple

Preheat oven to 350°F. Place 1 teaspoon of butter in each of 5 cupcake wells. Melt in oven for 1 minute. While butter is melting combine Bisquick, oats, egg, milk, vanilla extract, and salt in a small mixing bowl. Remove pan from oven and top each well of melted butter with 1 teaspoon of brown sugar and 1 tablespoon of pineapple. Top off each well with an equal amount of batter. Bake for 10 minutes. Remove from oven, place a plate under pan and invert pan to allow butter and sugar to drip into cake. To remove the cakes, turn the pan right side up, run a sharp knife around the edge of each well, and place on a plate.

Nutrition Information per Cake: 130 calories, 6g total fat, 4 g protein, 15 g carbohydrate, 180mg sodium. Good source of vitamin C