

Hummingbird

A Low Point Take On A Traditional Southern Favorite

No, sickos, this doesn't contain real hummingbirds. Hummingbird cake is a luxuriously rich Southern cake made with pineapple, bananas and walnuts. This lightened version is the bomb.com and won't make your pants pop a button.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



2-2

- last checked 02/02/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 2 large eggs, or 2 egg whites, if eggs have points for'ya.
- 3/4 cup crushed pineapple, rinsed and drained (canned)
- 3/4 cup of mashed up ripe bananas (2 medium)
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1 tsp maple extract (or vanilla)
- 1/3 cup water

Cinnamon Cream Cheese Frosting:

- 2 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1" page 36.
- 1/2 tsp vanilla extract
- 1 tsp cream cheese flavor extract (I use Watkins brand)
- 1/4 tsp lemon juice
- 1/2 tsp ground cinnamon
- 3/4 cup 0 calorie confectioners sugar replacement
- (1) 1oz box Jell-O sugar free instant cheesecake flavored pudding mix
- 2/3 cup **COLD** water

Cupcake Topping:

- 1/2 cup chopped pecans, toasted, then crushed.

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, drained crushed pineapple, mashed bananas, baking powder, cinnamon, maple extract and water. Mix to combine.
- 4 Pour the batter into the cupcake liners and bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting.

*** FROSTING DIRECTIONS

- 6 In a large mixing bowl, or empty 32oz yogurt container, use an electric hand mixer to mix the 'cream cheese', extracts, lemon juice, cinnamon and 0 point powdered sugar (if using), until smooth.
- 7 In another mixing bowl... or an empty 32oz yogurt container, use an electric hand mixer to mix the 1oz packet of sugar free instant cheesecake flavored pudding with the COLD water until thickened and smooth.
- 8 Use a rubber spatula to scoop the "cream cheese" into the container with the pudding. Use a hand mixer to mix the "cream cheese" and the pudding together until well combined. Move container to the fridge and allow it to set.

*** TOASTED PECAN DIRECTIONS

- 9 Heat a small pan over medium heat for 1 minute. Place the chopped pecans into the pan and heat for 20 seconds.
- 10 Stir the pecans, then allow them to cook for another 20 seconds. Repeat for a few minutes, until the pecans are fragrant and lightly toasted. Remove pecans from heat, set aside.
- 11 Take the toasted pecans and put them in a large ziplock bag. Use a kitchen mallet, hammer, a pot, or small lap dog and gently tap them a bit breaking the larger chunks into smaller pieces.
- 12 Once you've finished smacking them around like they're an informant on The Sopranos... set them aside to calm down. Pecans are hard to sprinkle when they're still crying.

*** ASSEMBLY

- 13 Once the cupcakes are cooled and your cream cheese mixture has had time to set up in the fridge, get ready for cupcake bliss.
- 14 Spoon all of your cream cheese/pudding mixture into a large gallon sized ziplock bag, then squeeze all of it down towards one corner. Using a pair of scissors, snip a hole at the bottom tip of the bag, about as wide as your index finger... Unless you have little girlie hands, then... use your thumb, I guess. Congrats!... you just made a piping bag!
- 15 In a circular motion, pipe cream cheese onto each cupcake, moving in towards the middle and upwards to create a raised peak in the center.
- 16 Once all the cupcakes are frosted, Sprinkle the pecans all over the cupcake frosting.

*** NOTE:

- **CANNED PINEAPPLE:** Ok, here's the thing. This changes on and off with the program. Canned pineapple in its own juice used to be 0 points, as long as there were no added sugars. Then it got points, then the points were removed and it was 0 again... now it has points again. *eye roll* Want to know how to just get around that with a clear conscience? Take your canned pineapple (in its own juice) and put it into a colander/strainer. Rinse it off very well under water, then let it drain. You now have completely water-rinsed canned pineapple. Call it 0 and sleep like a baby.

OR.... use regular fresh pineapple and blend it with a little bit of water, till it's crushed and pulpy. Use that if ya want.

