



## **Hummingbird Cake Pops on a Stick + Fast Pineapple Frosting + Iced Pineapple Twist**

By Erin Fletter

**Prep Time** 30 / **Cook Time** 14 / **Serves** 4 - 6

### **Shopping List**

FRESH

3 ripe bananas

1/4 fresh pineapple OR 1 15- to 20-oz can crushed pineapple with juice **\*\*(see allergy subs below)\*\***

DAIRY AND EGGS

1 egg **\*\*(see allergy subs below)\*\***

1/2 C or 4 oz cream cheese, softened **\*\*(see allergy subs below)\*\***

PANTRY

1 1/2 C all-purpose flour **\*\*(see allergy subs below)\*\***

1/2 C granulated sugar

1/2 C packed brown sugar

1/2 tsp baking soda

3/4 tsp salt

3/4 tsp ground cinnamon

1/2 tsp ground allspice

3/4 C vegetable oil **\*\***

3 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

2 C powdered sugar

- 1/4 C granulated sugar + more to taste (or 3 to 4 stevia packets)
- HAVE ON HAND
- ice pop, lollipop, or pretzel sticks (or gluten-free pretzel sticks)
- 2 C water + more if needed
- 2 C ice

## Fun-Da-Mentals Kitchen Skills

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

## Equipment

- Oven
- Mini-muffin pan
- Paper cupcake liners (optional)
- Pastry brush (optional)
- Large mixing bowls (2)

- Dry measuring cups
- Measuring spoons
- Cutting board
- Kid-safe knife
- Potato masher
- Liquid measuring cup
- Can opener (if using canned pineapple)
- Whisk
- Wooden spoon
- Toothpicks
- Ice pop/popsicle, lollipop, or pretzel sticks
- Large mixing bowl
- Blender (or pitcher + immersion blender)

## Ingredients

### Hummingbird Cake Pops on a Stick

- 1 1/2 C all-purpose flour **\*\***(for CELIAC/GLUTEN ALLERGY sub 1 1/2 C gluten-free/nut-free all-purpose flour)**\*\***
- 1/2 C granulated sugar
- 1/2 C packed brown sugar
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/2 C fresh pineapple (or canned crushed pineapple, drained with juice reserved) **\*\***(for PINEAPPLE ALLERGY sub 1 green apple)**\*\***
- 1 egg **\*\***(for EGG ALLERGY sub 1 T ground flaxseeds + 3 T warm water—more info below)**\*\***
- 2 very ripe bananas **\*\***(for BANANA ALLERGY sub 1 C applesauce)**\*\***
- 1/2 C vegetable oil **\*\***

1 tsp pure vanilla extract **\*\***(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

## Fast Pineapple Icing

2 C powdered sugar

1 tsp vegetable oil **\*\***

1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

1 pinch salt

1/2 C or 4 oz cream cheese, softened **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese or dairy-free/nut-free butter)**\*\***

1 tsp pineapple juice from can OR 1 T puréed fresh pineapple **\*\***(for PINEAPPLE ALLERGY omit or use other fruit juice or water)**\*\***

## Iced Pineapple Twist

1/2 C chopped fresh pineapple OR 1/2 C canned crushed pineapple with juice **\*\***(for PINEAPPLE ALLERGY or sub 1 chopped green apple)**\*\***

1 banana **\*\***(for BANANA ALLERGY sub frozen mango, avocado, silken tofu, or extra pineapple—see below for amounts)**\*\***

1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

1/4 C granulated sugar + more to taste (or 3 to 4 stevia packets)

1 pinch cinnamon

1 pinch salt

2 C water + more if needed

2 C ice

## Food Allergen Substitutions

### Hummingbird Cake Pops on a Stick

**Celiac/Gluten/Wheat:** For 1 1/2 C all-purpose flour, substitute 1 1/2 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Pineapple:** For 1/2 C pineapple, substitute 1 green apple. Also, mango or papaya work for a similar sweet-tart flavor, while kiwi, peaches, or apricots provide similar texture.

**Egg:** For each egg, substitute 1 T ground flaxseeds + 3 T warm water. Whisk them together and set aside

for 5 minutes or until fully absorbed and thickened.

**Banana:** For 2 very ripe bananas, substitute 1 C applesauce.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

## Fast Pineapple Icing

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** For 1/2 C or 4 oz cream cheese, substitute 1/2 C or 4 oz dairy-free/nut-free cream cheese or dairy-free/nut-free butter for cream cheese.

**Pineapple:** Omit pineapple juice or puréed fresh pineapple to create a thicker icing, or use any other fruit juice or water.

## Iced Pineapple Twist

**Pineapple:** For 1/2 C chopped fresh pineapple or canned crushed pineapple, substitute 1 chopped green apple.

**Banana:** For 1 banana, substitute 1/2 C frozen mango, 1/2 avocado, 1/2 C silken tofu (if no soy allergy), or 1/2 C extra pineapple (if no pineapple allergy).

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Hummingbird Cake Pops on a Stick

#### preheat + grease

Preheat your oven to 350 F. With a pastry brush, brush the insides of the wells of a mini-muffin pan with oil or line them with paper cupcake liners.

#### measure + mix

Measure and mix together the dry ingredients in a large bowl: **1 1/2 cups flour, 1/2 cup sugar, 1/2 cup brown sugar, 1/2 teaspoon baking soda, 1/4 teaspoon salt, 1/2 teaspoon cinnamon, and 1/2 teaspoon allspice.**

#### chop + mash

Chop **1/2 cup pineapple** and **2 very ripe bananas** into tiny pieces and combine in a second large bowl. (If using canned pineapple, reserve 1 T of pineapple juice from the can for icing.) Mash the chopped fruit with a potato masher.

### crack + whisk

Crack **1 egg** in with the mashed fruit, add **1/2 cup vegetable oil** and **1 teaspoon vanilla extract**, and whisk it all up until well incorporated.

### combine + fold

Combine the wet ingredients into the bowl with the dry ingredients and fold until thoroughly blended together.

### fill + bake

Fill the muffin pan wells about 3/4 full with batter. Bake for 9 to 14 minutes, or until a toothpick inserted in the center of the cakes comes out clean.

### cool + poke + drizzle

Remove your cake pops from your muffin pan and place them on a cooling rack to cool. Next, make **Fast Pineapple Icing** and, when the cake pops have cooled, poke an ice pop or lollipop stick into each one, then drizzle icing on the top.

## Fast Pineapple Icing

### measure + whisk

Measure **2 cups powdered sugar**, **1 teaspoon oil**, **1 teaspoon vanilla extract**, **1 pinch of salt**, and **1/2 cup softened cream cheese** into a large bowl and whisk together until creamy.

### add + whisk

If you're using canned pineapple for your cake pops, add **1 teaspoon of pineapple juice** from the can OR, if using fresh pineapple, blend it and add **1 tablespoon pineapple purée** to the bowl. Whisk again until smooth and the juice or purée is incorporated.

### adjust + drizzle

Add more pineapple juice or puréed pineapple as needed to make the frosting nice and smooth. Then, drizzle it onto your cooled **Hummingbird Cake Pops on a Stick** and enjoy!

## Iced Pineapple Twist

### measure + combine

Measure and combine **1/2 cup fresh or canned crushed pineapple with juice**, **1 banana**, **1 teaspoon vanilla extract**, **1/4 cup sugar**, **1 pinch of cinnamon**, **1 pinch of salt**, and **2 cups water** in a blender (or pitcher for use with an immersion blender).

### blend + adjust

Blend until smooth. Then, add **2 cups of ice** and blend again. Taste and adjust if it needs more sugar or

water.

## Featured Ingredient: Pineapple!

Hi! I'm Pineapple!

"When you see me, you can't help but think of a tropical paradise! I'm Pineapple, possibly the queen of tropical flavors—I even wear a crown! Of leaves, that is. Try slicing me and making a pineapple upside-down cake, or grill me to serve with pork or seafood. Also, I pair well with another tropical favorite, Coconut, in salads, desserts, and drinks!"

### History & Etymology

Pineapple is one of the world's favorite tropical fruits. The wild pineapple plant is native to South America, originating in a river drainage area between southern Brazil and Paraguay. There is evidence that indigenous people cultivated and used it in Peru as early as 1200 to 800 BCE. The Aztecs and Mayas grew it in Mexico sometime between 200 BCE and 700 CE.

Spanish and Portuguese explorers eventually discovered pineapple and introduced it to European and other countries in the east. In 1493, during Columbus' exploration of the Caribbean Islands, he came across pineapples growing on the island of Guadalupe.

The Spanish may have introduced the pineapple to Hawaii. Today, one-third of the world's pineapple comes from Hawaii.

The botanical name for pineapple is "Ananas comosus." It was called "ananas" by an indigenous South American people. European explorers may have called it pineapple because of its resemblance to the pine cone. The English word "pineapple" was first written down in the 17th century. Several languages still have the word "ananas" for pineapple.

### Anatomy

Pineapples are the only edible members of the bromeliad family of plants.

The pineapple is not a single fruit but a multiple or collective fruit, with a cluster of 100 to 200 tiny fruitlets or berries.

A pineapple plant produces only one pineapple. The fruit grows slowly and can take up to two years to reach full size.

Unripe pineapples are incredibly sour and can be quite toxic. Pineapples do not ripen after harvesting, but they might turn more yellow if they were green.

You can grow a pineapple at home! If you want to give it a try, twist off the crown of a store-bought pineapple, allow it to dry for a few days, and then plant it.

## How to Pick, Buy, & Eat

Bromelain, an enzyme in pineapples, breaks down proteins, which means you can use pineapple or pineapple juice as a meat tenderizer. For this reason, you can't add fresh pineapple to jelly or jello because it will break down the gelatin. To prevent this, you can boil pineapple chunks in their juice or use canned pineapple, which was heated during the canning process.

If you find yourself on a sailing trip in the tropics without any powdered cleanser, you could use pineapple juice mixed with sand instead.

## Nutrition

Pineapples are good for you! They are an excellent source of vitamin C, which aids the body's immune system and wound healing, and manganese, which assists with bone formation and nutrient metabolism. In addition, the pineapple's natural enzymes help you digest all of your food!