

## **Tropical Pineapple Upside Down Skillet Cake**

(Contains some good sources of vitamin C!)

Adapted from Cooking Light magazine.

2 tablespoons butter  
¾ cup packed brown sugar  
1 (15 ½-oz can) pineapple slices in juice, undrained  
1 cup flaked sweetened coconut  
1 cup all-purpose flour  
½ cup granulated sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon ground cinnamon  
¼ teaspoon salt  
½ cup mashed ripe banana (about 1 banana)  
2 tablespoons canola oil  
1 large egg

Preheat oven to 375. Melt butter in 9-inch cast iron skillet; sprinkle evenly with brown sugar. Drain pineapple slices, reserving ½ cup juice. Place 1 pineapple ring in the center of skillet. Cut remaining slices in half, arranging around center pineapple ring. Sprinkle evenly with coconut. Set aside.

Combine flour, sugar, baking powder, baking soda, cinnamon, and salt in a large bowl. Combine reserved juice, banana, oil, and egg, stirring with whisk. Add pineapple juice mixture to flour mixture, stirring until combined. Pour flour mixture over coconut. Bake at 375 for 30 minutes, or until firm and done. Invert on wire rack. Serve warm or at room temperature.