



Hummingbird Cake Pops on a Stick + Fast Pineapple Icing + Pineapple Smoothies

By Erin Fletter

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

Shopping List

☐ FRESH

☐ 3 ripe bananas

☐ 1 fresh pineapple or 1 16-oz can pineapple

☐ DAIRY AND EGGS

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

☐ 4 oz cream cheese, softened ****(see allergy subs below)****

☐ 2 C milk ****(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

☐ 2/4 tsp salt

☐ 5/8 tsp ground cinnamon

☐ 1/2 tsp ground allspice

☐ 3/4 C vegetable oil ******

☐ 2 tsp pure vanilla extract ****(see allergy subs below)****

- ☐ 2 C powdered sugar
- ☐ granulated sugar or honey to taste
- ☐ HAVE ON HAND
- ☐ ice pop or lollipop sticks
- ☐ 1 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.

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

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

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

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

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

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

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
- ☐ Pastry brush (optional)
- ☐ Large mixing bowls (2)
- ☐ Dry measuring cups

- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Potato masher
- ☐ Liquid measuring cup
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Toothpicks
- ☐ Ice pop or lollipop sticks
- ☐ Large mixing bowl
- ☐ Blender (or pitcher + immersion blender)

Ingredients

Hummingbird Cake Pops on a Stick

- ☐ 1 1/2 C all-purpose flour ****(for GLUTEN ALLERGY sub 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 egg ****(for EGG ALLERGY sub 1 T ground flaxseeds + 3 T warm water—more info below)****
- ☐ 2 very ripe bananas
- ☐ 1/2 C fresh or canned pineapple (drained with juice reserved)
- ☐ 1/2 C vegetable oil ******
- ☐ 1 tsp pure vanilla extract ****(for 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

☐ 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

Pineapple Smoothies

☐ 1/2 C fresh or canned pineapple

☐ 1 ripe banana, peeled

☐ granulated sugar or honey to taste

☐ 1 pinch ground cinnamon

☐ 1 pinch salt

☐ 2 C milk ** (for DAIRY ALLERGY sub dairy-free/nut-free milk)**

☐ 1 C ice

Food Allergen Substitutions

Hummingbird Cake Pops on a Stick

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

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.

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: Substitute dairy-free/nut-free cream cheese or dairy-free/nut-free butter for cream cheese.

Pineapple Smoothies

Dairy: Substitute dairy-free/nut-free milk.

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.

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 **4 ounces of 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!

Pineapple Smoothies

measure + add

Measure and add **1/2 cup pineapple**, **1 banana**, **sugar or honey** to taste, **1 pinch of cinnamon**, **1 pinch of salt**, and **2 cups of milk** in a blender (or a pitcher for use with an immersion blender).

blend + taste

Blend until smooth. Then, add **1 cup of ice** and blend again. Taste and add more sweetener as needed.

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!

