

Healthy Pineapple Upside-Down Cake Smoothie

Enjoy the Flavor of a Classic Dessert—Without the Guilt

There's something special about pineapple upside-down cake. The sweet pineapple, juicy cherries, warm vanilla, and hint of cinnamon bring back memories of family gatherings and homemade desserts. While the traditional cake is undeniably delicious, it's also typically high in added sugar, butter, and refined flour.

This **Healthy Pineapple Upside-Down Cake Smoothie** captures the nostalgic flavors of the classic dessert while providing high-quality protein, fiber, healthy fats, and vitamins to help fuel your day. Frozen pineapple and naturally sweet cherries recreate the signature fruit combination, while vanilla, cinnamon, and a touch of almond extract add the familiar bakery-inspired flavor.

Creamy, satisfying, and naturally sweetened primarily with fruit, this smoothie is perfect for breakfast, a post-workout snack, or whenever you're craving something sweet without sacrificing nutrition.

If you love pineapple upside-down cake but want a healthier way to enjoy those flavors, this smoothie is the perfect compromise.

Healthy Pineapple Upside-Down

Cake Smoothie

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients

- 1 cup unsweetened almond milk
- 1 cup frozen pineapple chunks
- $\frac{1}{2}$ cup frozen dark sweet cherries (pitted)
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- $\frac{1}{4}$ cup low-fat cottage cheese
- 2 tablespoons old-fashioned rolled oats
- 1 tablespoon ground flaxseed
- $\frac{1}{2}$ teaspoon pure vanilla extract
- $\frac{1}{8}$ teaspoon almond extract (optional, but recommended for a more authentic pineapple upside-down cake flavor)
- $\frac{1}{4}$ teaspoon ground cinnamon
- Pinch of ground nutmeg
- 1 teaspoon maple syrup or honey (*optional, if additional sweetness is desired*)
- Ice cubes (*optional for a thicker smoothie*)

Instructions

1. Add the almond milk to your blender.
2. Add the pineapple, cherries, banana, Greek yogurt, cottage cheese, oats, flaxseed, vanilla extract, almond extract (if using), cinnamon, nutmeg, and optional maple syrup or honey.
3. Blend until smooth and creamy.

4. If you'd like a thicker consistency, add a few ice cubes and blend again.
5. Pour into a chilled glass.
6. If desired, garnish with a fresh pineapple wedge and a couple of fresh sweet cherries before serving.

Why You'll Love This Smoothie

- Inspired by the classic flavors of pineapple upside-down cake
- High in protein to help keep you feeling full
- Naturally sweetened primarily with fruit
- Rich in vitamin C and antioxidants
- Good source of fiber for digestive health
- Creamy dessert flavor without excessive added sugar
- Ready in just 5 minutes

Estimated Nutrition Facts (Per Serving)

- **Calories:** Approximately 385
- **Protein:** 24 g
- **Carbohydrates:** 48 g
- **Dietary Fiber:** 9 g
- **Total Sugars:** 28 g (*mostly naturally occurring from fruit and dairy*)
- **Fat:** 9 g
- **Saturated Fat:** 1.5 g
- **Cholesterol:** 10 mg
- **Sodium:** 230 mg
- **Calcium:** Approximately 30% Daily Value
- **Vitamin C:** Over 100% Daily Value
- **Potassium:** Approximately 800 mg

Nutrition values are estimates and may vary depending on the

ingredients and brands used.

Women's Health Benefits

This tropical smoothie is packed with ingredients that support overall wellness.

Pineapple

Pineapple is an excellent source of vitamin C and contains bromelain, an enzyme that may support healthy digestion.

Sweet Cherries

Sweet cherries provide antioxidants called anthocyanins that help protect cells from oxidative stress. They also contribute vitamin C, potassium, and natural sweetness without relying on refined sugar.

Greek Yogurt

Greek yogurt supplies high-quality protein and calcium to support muscle recovery and bone health.

Cottage Cheese

Cottage cheese boosts the protein content while creating an incredibly smooth and creamy texture.

Ground Flaxseed

Flaxseed provides fiber and plant-based omega-3 fats that support heart health and digestive wellness.

Rolled Oats

Old-fashioned oats provide complex carbohydrates and fiber for sustained energy.

Make It Your Own

- Add a handful of spinach for extra vitamins—you'll barely taste it.
- Blend in one scoop of vanilla protein powder after a workout.
- Sprinkle unsweetened coconut flakes on top for a tropical finish.
- Add one teaspoon of chia seeds for additional fiber and omega-3 fats.
- Replace almond milk with soy milk for extra protein.
- Use frozen cherries to create an even thicker, creamier smoothie.

Storage Tip

This smoothie tastes best immediately after blending.

If needed, store it in an airtight container in the refrigerator for up to **24 hours**. Shake or stir well before drinking, as natural separation may occur.

For the freshest flavor and creamiest texture, enjoy it as soon as it's made.