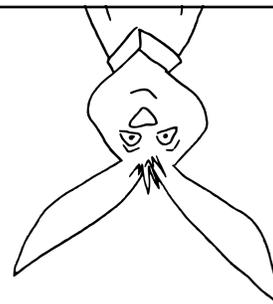


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# Pineapple Pecan Upside-Down Cupcakes

Egg Free, Gluten Free, and Low FODMAP  
Makes 24 upside-down cupcakes.

By Rebecca Brown



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Simmer Topping	20 oz can crushed <b>pineapple</b> drained 1/4 cup <b>butter</b> 1/2 cup <b>brown sugar</b> 1/2 cup smashed <b>pecans</b> 1 teaspoon <b>cinnamon</b>	Drain and press the pineapple so that the topping is not as runny. I put the pecans in a plastic bag and then smash them with something heavy.  Combine ingredients in a pot or pan and bring up to a simmer. Stir occasionally and heat on low while you proceed with the following steps.
Grease Pans	2 <b>muffin pans</b>	Grease 2 - 12 cup muffin pans. My favorite pans are by USA Pan. The cupcakes just pop right out.
Pre-heat Oven	<b>350°</b>	Pre-heat oven and adjust racks for two racks of baking
Mix and Set Aside	3 tablespoons <b>egg replacer</b> 6 tablespoons <b>water</b>	Instead of using 3 eggs, we make the equivalent using Bob's Red Mill Egg Replacer. Stir together in a 1 cup liquid measuring cup with a fork. This will thicken up into a fun goopy texture.
Mix: Paddle Attachment	1/2 cup softened <b>butter</b> 1 1/2 cups <b>sugar</b>	Room temperature butter is great. I use the microwave at 10 second increments stirring in between.  I use a KitchenAid mixer to cream together until all lumps of butter are totally gone.
Mix In	Egg Replacer Mixture	Beat in thoroughly.
Prepare Dry Mix and Wet Mix Separately	<u>Dry Mix:</u> 2 1/2 cups <b>Gluten Free Flour</b> 3 teaspoons <b>baking powder</b> 1 teaspoon <b>salt</b> <u>Wet Mix:</u> 1 1/2 cups <b>Lactose Free Milk</b> 1 1/2 teaspoon <b>Vanilla</b>	I've tested this with Bob's Red Mill 1-To-1 Baking Flour Gluten Free because it is low FODMAP. Not all Gluten Free flour is low FODMAP. I am sure ordinary flour would turn out well.
Alternate Adding To Mixer	Dry Mix Wet Mix	On a low speed alternate adding the wet mix and the dry mix to the other ingredients. Stop when fully incorporated. This completes the cake batter.

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Add to Muffin Pans	Pineapple Pecan Topping Mixture	Evenly distribute the topping mixture to all 24 muffin bottoms. This will be a little more than a tablespoon each.
Add to Muffin Pans	Cake Batter	Evenly spoon or scoop the cake batter to all 24 muffin spots.
Bake	20-30 minutes	I typically bake for 20 minutes then rotate the pans and swap their spots. I bake for another 5 minutes and then a toothpick will come out clean.
Rest	10 minutes	Set a timer for ten minutes and let your pans cool before you flip.
Flip	Onto Cooling Rack	Set anything flat that completely covers your muffin pan on top of the pan. Holding both together flip over and peek underneath to see if your cakes have freed themselves. If they haven't, give them a quick little tap and if you are using a USA Pan they will pop right out.
Serve	With <b>Whipped Cream</b>	These are great warm and they gain structural integrity as they cool. Don't top with whipped cream until you are actually serving them.
Store	Refrigerator	These are everyday cakes for me. Immediately after they are completely cool I store them in a sealed container in the refrigerator for up to a week.
Reheat	Microwave	These freshen up nicely in the microwave. In my 1000 watt microwave I do 1 for 20 seconds and two for 30 seconds. Different microwaves perform differently.