

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



## hummingbird cake pops on a stick

### preheat+measure+mix

Preheat your oven to 350 degrees. Measure and mix together the dry ingredients in a large bowl: **1½ C flour**, **½ C sugar**, **½ C packed brown sugar**, **½ tsp baking soda**, **¼ tsp salt**, **½ tsp cinnamon**, and **½ tsp allspice**.

### chop+ mash

Chop **½ C pineapple** and **2 very ripe bananas** into tiny pieces and combine in a second large bowl. Mash the chopped fruit with a potato masher.

### crack+whisk

Crack **1 egg** in with the mashed fruit, add **½ C vegetable oil** and **1 tsp vanilla**, 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. With a pastry brush, brush the insides of the wells of your cupcake pan with **oil**.

### fill+bake

Fill the wells of a mini-cupcake pan about  $\frac{3}{4}$  full with batter. Bake at 350 degrees for about 9-14 minutes, or until a toothpick inserted in the center of the cakes comes out clean.

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# cool+poke+drizzle

Remove your cake pops from your cupcake tray and place on a cooling rack to cool. Make your frosting (see recipe below) and then once the cake pops have cooled, poke a popsicle or lollipop stick into each one and drizzle icing on the top.



## fast and fab pineapple frosting

### measure+whisk

Measure **2 C powdered sugar**, **1 tsp vegetable oil**, and **4 oz cream cheese**, softened, into a large bowl and whisk together until creamy.

### add+incorporate

If using canned pineapple for your cake pops, add **1 tsp pineapple juice** from the can OR, if using fresh pineapple, blend up and add **1 T pureed pineapple**. Whisk again until smooth and incorporated.

### adjust+drizzle

Add more **pineapple juice or pureed pineapple** as needed to make the frosting nice and smooth. Then drizzle onto your cooled cake pops and enjoy!



## iced pineapple twist

### measure+combine

Measure and combine **½ C fresh or crushed pineapple**, **1 banana**, **1 tsp vanilla extract**, **¼ C sugar**, **a pinch of cinnamon**, **a pinch of salt**, and **2 C water** in a blender or a pitcher, for use with an immersion blender.

### blend+adjust

Blend until smooth. Then, add **2 C of ice** and blend again. Taste and adjust if it needs more sugar, water, or any other ingredients.

*::continued::*



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## shopping list

### Hummingbird Cake Pops on a Stick

- |   |  |
|---|--|
| <input type="checkbox"/> 1½ C all-purpose flour | <input type="checkbox"/> 1 egg                         |
| <input type="checkbox"/> ½ C sugar              | <input type="checkbox"/> 2 very ripe bananas           |
| <input type="checkbox"/> ½ C packed brown sugar | <input type="checkbox"/> ½ C fresh or canned pineapple |
| <input type="checkbox"/> ½ tsp baking soda      | <input type="checkbox"/> ½ C vegetable oil             |
| <input type="checkbox"/> ¼ tsp salt             | <input type="checkbox"/> 1 tsp vanilla                 |
| <input type="checkbox"/> ½ tsp cinnamon         | <input type="checkbox"/> popsicle or lollipop sticks   |
| <input type="checkbox"/> ½ tsp allspice         |  |

### Fast and Fab Pineapple

#### Frosting

- 4 oz cream cheese, softened
- 1 tsp pineapple juice or 1 T
- pureed pineapple
- 1 tsp vanilla extract
- 1 tsp vegetable oil
- 2 C powdered sugar
- pinch of salt

### Iced Pineapple Twist

- ½ C fresh or canned pineapple
- 1 banana
- 1 tsp vanilla extract
- ¼ C sugar
- 2 C ice
- pinch of salt
- pinch of cinnamon

::continued::

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## The History of Hummingbird Cake

**Hummingbird cake is a moist and absolutely delicious cake traditionally filled with cinnamon, pecans, pineapple, bananas, and topped with cream cheese frosting.** The national bird of Jamaica is the Doctor Bird, otherwise known as the Swallowtail Hummingbird. When first invented in the 1960s, as part of an Air Jamaica tourism campaign, the cake was originally called Doctor Bird Cake. In order to attract tourists to the island, the Jamaican tourist board sent out press kits including native recipes and including one for Doctor Bird Cake. Eventually the cake became commonly known by the name Hummingbird Cake; however, it also sometimes goes by the names Bird of Paradise Cake, Cake that Doesn't Last, Jamaican Cake, Never Ending Cake, or Nothing Left Cake.

**The first published recipe is said to have come from Mrs. L H Wiggin and appeared in Good Housekeeping in February 1978.** Later that year, the cake won the Favorite Cake Award at the Kentucky State Fair. The original recipe was for a tube cake with no icing. Recipes evolved in the U.S. to become a three-layer cake with cream cheese icing, topped with chopped pecans, which is the most popular version of the cake in the Southern U.S. today.

## The surprise ingredient of the week: Pineapple!

- ★ **Pineapple is one of the world's favorite tropical fruits.** First called "anana", a Caribbean word for "excellent fruit", the name "pineapple" came from European explorers who thought the fruit looked like a pinecone with flesh like an apple.
- ★ **Pineapples are the only edible members of the bromeliad family of plants.**
- ★ **The pineapple is originally native to Brazil and Paraguay.** Sailors brought them to the West Indies long before the arrival of Europeans, although it was the White merchants who first introduced it to Hawaii.
- ★ **Pineapples can be grown by twisting the crown of a store-bought pineapple,** allowing it to dry for 2-3 days and then planting it.
- ★ **Each pineapple plant only produces one pineapple per year.** Pineapples grow slowly and can take up to two years to reach full size. Typically pineapples are picked when they are still smaller than full size, but if they are left to grow fully they can reach up to 20 lbs!
- ★ **Pineapples have a ton of vitamin C and magnesium** and the pineapple's natural enzymes help you digest all of your food!

Time for a laugh!

When is an apple not an apple? When it's a pineapple!

Why did the students eat their homework? Because the teacher said it was a piece of cake!

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