



- 1 box angel food cake mix
- 1 large can (about 20 ounces crushed pineapple, undrained)

1. Spray a glass bowl with nonstick cooking spray.
2. Pour your cake mix into your bowl. (I only needed about 3/4 of the box)
3. Pour about 3/4 of your crushed pineapple, juice included, into your cake mix.
4. Mix well. Your batter will start to get foamy (you do not want it overflowing, keep your batter a bit below the edge of your bowl)
5. Place your trivet in your instant pot with one cup of water.
6. Place your bowl on the trivet.
7. Place your pot on MANUAL HIGH PRESSURE for 45 minutes.
8. Do a quick release.
9. Your toothpick inserted should come out clean.

CAN YOU FREEZE PINEAPPLE ANGEL FOOD CAKE

Yes! Simply wrap your cooled angel food cake in aluminum foil, and then place in a freezer bag or airtight container. Freeze up to 3-6 months. Thaw and enjoy. I like to slice my cake up before I freeze so if I want just a slice or two, I can thaw it and keep the rest in the freezer.

If you go this route, just wrap each slice individually so they don't freeze together. I have found that trick keeps me focused on my healthier choices and when I want a sweet I have one. Instead of reaching for a chocolate candy bar I go to my freezer for a piece of cake.

DOES THE PINEAPPLE ANGEL FOOD CAKE NEED TO BE REFRIGERATED

Yes, I prefer to refrigerate it because of the fruit. Traditional angel food can be left out, but since you have fruit which can spoil, it needs to be in the fridge or freezer once it has cooled from the oven.