



Slow-Cooker Black Forest Dump Cake



1/8th of recipe (about 2/3 cup): 195 calories, 4g total fat (2g sat. fat), 313mg sodium, 44g carbs, 2.5g fiber, 22.5g sugars, 2g protein

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Prep: 10 minutes **Cook:** 2 1/2 hours



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Ingredients

3 cups frozen pitted dark sweet cherries
1/4 cup natural no-calorie sweetener that measures like sugar
1 tbsp. cornstarch
2 tbsp. whipped butter
1 3/4 cups (about 1/2 box) devil's food cake mix, or HG Alternative below
1/3 cup canned pure pumpkin

Directions

In a slow cooker sprayed with nonstick spray (a 4-qt. slow cooker is best), combine cherries, sweetener, and cornstarch. Mix well.

Place butter in a small microwave-safe bowl. Microwave for 10 seconds, or until softened.

In a medium-large bowl, combine cake mix, pumpkin, and softened butter. Stir until crumbly and uniform. (Batter will be thick.)

Transfer cake batter to the slow cooker, and evenly cover cherries. Cover and cook on high for 2 1/2 hours, or until cherry mixture has thickened and cake batter is fully cooked.

Enjoy hot, warm, or chilled.

MAKES 8 SERVINGS

HG Alternative: If made with sugar-free cake mix (like [the kind by Pillsbury](#)) each serving will have 156 calories and 7.5g sugars (**SmartPoints®** values*: 4 on **Green Plan**, 4 on **Blue Plan**, 4 on **Purple Plan**).

HG Alternative: If using a sweetener that's twice as sweet as sugar (like Truvia), halve the amount called for in the recipe.

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