



## Slow-Cooker Tropical Dump Cake



1/8th of recipe (about 3/4 cup): 214 calories, 1.5g total fat (0.5g sat. fat), 253mg sodium, 48g carbs, 2g fiber, 31g sugars, 1g protein

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**Prep:** 10 minutes    **Cook:** 3 hours

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### Ingredients

3 cups frozen pineapple chunks  
2 cups frozen mango chunks  
1 1/2 tbsp. cornstarch  
3 packets natural no-calorie sweetener (like Truvia)  
1 3/4 cups moist-style yellow cake mix (about 1/2 box), or HG Alternative below  
1/2 cup unsweetened applesauce  
2 tsp. coconut extract  
Optional toppings: shredded coconut, light whipped topping

### Directions

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

In a medium-large bowl, combine remaining ingredients. Stir until uniform and mostly smooth.

Transfer cake batter to the slow cooker, and spread to cover the fruit. Cover and cook on high for 3 hours, or until topping is golden brown and firm.

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 176 calories and 15.5g sugars (**Freestyle™ SmartPoints®** value 3\*).

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