



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 6\***

**Purple Plan [SmartPoints](#)® value 6\***

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



More: [Vegetarian Recipes](#), [Four or More Servings](#)

### 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\***).

**[SmartPoints](#)® value\*** not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values\*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.