

Slow Cooker Apple Pudding Cake

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Servings: 10

2 cups all-purpose flour
2/3 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1/2 cup cold water
1 cup 2% milk
2 medium tart apples,
peeled and chopped
1 1/2 cups orange juice
1/2 cup honey
2 tablespoons butter,
melted
1 teaspoon ground
cinnamon
1/4 cup sugar
1 1/3 cups sour cream
1/4 cup confectioner's sugar

Preparation Time: 15 minutes

Cook Time: 2 hours

In a small bowl, combine the flour, sugar, baking powder and salt. Cut in the butter until the mixture resembles coarse crumbs. Stir in the milk just until moistened. Spread into the bottom of a greased four- or five-quart slow cooker. Sprinkle the apples over the batter.

In a bowl, combine the orange juice, honey, melted butter, cinnamon and sugar. Pour over the apples. Cover.

Cook on HIGH until the apples are tender, two to three hours.

In a small bowl, combine the sour cream and confectioner's sugar. Serve with the warm pudding cake.

Per Serving (excluding unknown items): 353 Calories; 10g Fat (23.7% calories from fat); 5g Protein; 64g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 414mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 2 1/2 Other Carbohydrates.