

Peach Cobbler Cake



Makes:

8 servings

Utensil:

Saladmaster Food Processor

10" Electric Oil Core Skillet

medium mixing bowl

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Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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1

cup

whole wheat flour

(120

g)

¹/₄

cup

soy or other flour

(30

g)

2

teaspoons

baking powder

(10

mL)

¹/₂

teaspoon

cinnamon

(2.5

mL)

¹/₂

teaspoon

nutmeg

(2.5

mL)¹_?²

cup

evaporated cane sugar

(100

g)²_?³

cup

soy milk

(160

mL)¹_?⁴

teaspoon

almond extract

(1.25

mL)

16

ounces

can sliced peaches, well drained, or 2 fresh peaches, cut into ¹_?²
inch pieces

(310

g)

4

tablespoons

agave nectar

(80

g)

4

fresh peaches, processed, use Cone #3

Directions:

1. For the cake batter, combine whole wheat flour, soy flour, baking powder, cinnamon, nutmeg and cane sugar in a medium bowl. Mix well.
2. Add soy milk and almond extract, stir until blended. Add can sliced peaches, mix gently and set aside.
3. Pour agave nectar into electric skillet and layer with freshly cut peaches.
4. Top peaches with cake batter, cover and cook at 325°F/165°C.
5. When Vapo-Valve? clicks, reduce temperature to 185°F/85°C. Cook an additional 25 minutes, or until a toothpick inserted in center comes out clean.
6. Invert cake over onto a plate, cool and serve.

┌ Nutritional Information per Serving

Calories:

└

193

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

133mg

Total Carbs:

34g

Dietary Fiber:

3g

Sugar:

11g

Protein:

5g