

Peach Cobbler Cake



Makes:

8 servings

Utensil:

Saladmaster Food Processor
10" Electric Oil Core Skillet
medium mixing bowl

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Recipe:

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 34g
Carbs:
Dietary Fiber: 3g
Sugar: 11g
Protein: 5g