



# StressLess Recipe



## Pineapple Upside-Down Dump Cake AUTHORED BY: TASTE OF HOME

*Quick, easy and delicious! Substitute cake mix with sugar or gluten-free options to make this dessert acceptable for all food intolerances*

SERVINGS 10

PREP TIME 10 MIN ( SLOW  
COOKER REQUIRED)

COOK TIME 2HR+  
STANDING TIME

### INGREDIENTS

- 3/4 cup butter, divided
- 2/3 cup packed brown sugar
- 1 jar (6 ounces) maraschino cherries, drained
- 1/2 cup chopped pecans, toasted
- 1 can (20 ounces) of unsweetened
- pineapple tidbits or crushed pineapple, undrained
- 1 package yellow cake mix (regular size) ( substitute for sugar or gluten-free)
- Vanilla ice cream, optional ( substitute with whipped cream or dairy-free options)

### DIRECTIONS

1. In a microwave, melt 1/2 cup butter; stir in brown sugar. Spread evenly onto the bottom of a greased 5-qt—slow cooker.
2. Sprinkle with cherries and pecans; top with pineapple.
3. Sprinkle evenly with dry cake mix. Melt remaining butter; drizzle over top.
4. Cook, covered, on high for 2 hours or until the fruit mixture is bubbly. (To avoid scorching, rotate the slow cooker and insert a half turn midway through cooking, lifting carefully with oven mitts.)
5. Turn off the slow cooker; let stand, uncovered, 30 minutes before serving. If desired, serve with ice cream.

#### Nutrition

1/2 cup: 455 calories, 22g fat (10g saturated fat), 37mg cholesterol, 418mg sodium, 66g carbohydrate (47g sugars, 1g fibre), 3g protein.

*TAKING TIME OUT FROM A BUSY SCHEDULE TO COOK CAN ALSO BE A GREAT STRESS RELIEVER. PREPARING EVEN SIMPLE MEALS AT HOME CAN BE CREATIVELY FULFILLING. ADOPTING A DIET OF HEALTHY, HOME-COOKED MEALS CAN INCREASE YOUR RESILIENCE TO STRESS, ANXIETY, AND DEPRESSION AND BOOST YOUR MOOD AND OUTLOOK.*