

Gingerbread Pudding Cake»

Prep: 15 minutes Cook: 2 hours (high)
Cool: 45 minutes

Nonstick cooking spray

- 1 14.5-ounce package gingerbread mix
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup raisins
- $2^{1}/_{4}$ cups water
- 3/4 cup packed brown sugar
- 3/4 cup butter
 Vanilla ice cream or sweetened
 whipped cream (optional)
- **1.** Lightly coat the inside of a $3\frac{1}{2}$ or 4-quart slow cooker with cooking spray; set aside. In a medium bowl, stir together gingerbread mix and milk until moistened. Stir in raisins (batter will be thick). Spread batter evenly in the prepared cooker.
- **2.** In a medium saucepan, combine the water, brown sugar, and butter. Bring to boiling; carefully pour over batter in cooker.
- **3.** Cover and cook on high-heat setting for 2 hours (center may appear moist but will firm as it stands). Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 45 minutes to cool slightly.
- **4.** To serve, spoon warm pudding cake into dessert dishes. If desired, serve with ice cream. Makes 8 servings.

Per Serving: 501 cal., 24 g fat [13 g sat. fat], 50 mg chol., 548 mg sodium, 70 g carbo., 1 g fiber, 4 g pro.

Orange-Caramel Pudding Cake

Pictured on page 132.

Prep: 25 minutes Cook: $4^{1}/_{2}$ to 5 hours (low) Cool: 45 minutes

Nonstick cooking spray

- 1 cup all-purpose flour
- ¹/₃ cup granulated sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1/4 teaspoon salt
- $\frac{1}{2}$ cup milk
- 2 tablespoons butter, melted

1/2 cup chopped pecans
 1/4 cup dried currants or raisins
 3/4 cup water

 $\frac{1}{2}$ teaspoon finely shredded orange peel

³/₄ cup orange juice

- $^{2}/_{3}$ cup packed brown sugar
- tablespoon butter
 Caramel-flavor ice cream topping
 Chopped pecans
 Sweetened whipped cream
 (optional)
- **1.** Lightly coat the inside of a $3^{1}/_{2}$ or 4-quart slow cooker with cooking spray; set aside. In a medium bowl, stir together flour, granulated sugar, baking powder, cinnamon, and salt. Stir in milk and melted

butter. Stir in $\frac{1}{2}$ cup pecans and currants. Spread batter in the prepared cooker.

2. In a medium saucepan, combine the water, orange peel, orange juice, brown sugar, and 1 tablespoon butter. Bring to boiling, stirring to dissolve brown sugar; reduce heat. Boil gently, uncovered, for 2 minutes. Carefully pour over mixture in cooker.

3. Cover and cook on low-heat setting for 4½ to 5 hours. Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 45 minutes to cool slightly.

4. To serve, spoon cake into dishes. Top with caramel topping, pecans, and if desired, whipped cream. Makes 6 to 8 servings. **Per Serving:** 390 cal., 15 g fat [6 g sat. fat], 23 mg chol., 255 mg sodium, 61 g carbo., 2 g fiber, 5 g pro.

Apple Bread

Slow cookers are perfect for making steamed breads such as these fruit-and-nut loaves. Serve the round slices with soft-style cream cheese or apple butter.

Prep: 20 minutes Cook: 13/4 to 2 hours (high) Cool: 10 minutes

- 1 cup all-purpose flour
- 1¹/₂ teaspoons baking powder
- 1 teaspoon apple pie spice
- 1/4 teaspoon salt
- 2 eggs, lightly beaten
- 1/2 cup packed brown sugar
- 1/2 cup applesauce
- 2 tablespoons vegetable oil or melted butter
- 1/2 cup chopped walnuts, toasted
- 1/2 cup warm water
- **1.** Generously grease two 1-pint, straight-side, wide-mouth canning jars; flour the greased jars. Set aside.
- **2.** In a medium bowl, combine flour, baking powder, apple pie spice, and salt. Make a well in the center of the flour mixture; set aside.
- **3.** In a small bowl, combine eggs, brown sugar, applesauce, and oil. Add applesauce mixture all at once to flour mixture. Stir just until moistened. Stir in walnuts.
- **4.** Divide mixture between the prepared canning jars. Cover tightly with greased foil. Immediately set jars in a 4- to 6-quart slow cooker. Pour the warm water into the cooker around jars.
- **5.** Cover and cook on high-heat setting for $1^3/_4$ to 2 hours or until a long wooden skewer inserted near the centers comes out clean.
- **6.** Remove jars from cooker; cool for 10 minutes. Carefully remove bread from jars. Serve warm. Makes 2 loaves (12 servings total).

Per Serving: 146 cal., 7 g fat (1 g sat. fat), 35 mg chol., 113 mg sodium, 20 g carbo., 1 g fiber, 3 g pro.

Parmesan Cheese Bread

Slices of this easy-to-make bread are the delicious served alongside spaghetti and meatballs or lasagna.

Prep: 15 minutes Cook: 13/4 hours (high) Cool: 10 minutes

- 1³/₄ cups packaged biscuit mix
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried basil, crushed
- 2 eggs, lightly beaten
- $\frac{1}{3}$ cup milk
- 2 tablespoons snipped oil-packed dried tomato, well drained
- 1/₂ cup warm water
- **1.** Generously grease two 1-pint, straight-side, wide-mouth canning jars; flour the greased jars. Set aside.

- **2.** In a medium bowl, combine biscuit mix, cheese, and basil. In a small bowl, combine eggs and milk. Add egg mixture all at once to flour mixture. Stir just until moistened. Stir in dried tomato.
- **3.** Divide mixture between the prepared jars; cover tightly with greased foil. Place jars in a 4- to 6-quart slow cooker. Pour the water into cooker around jars.
- **4.** Cover and cook on high-heat setting about 1³/₄ hours or until a long wooden skewer inserted in centers comes out clean.
- **5.** Remove jars from cooker; cool for 10 minutes. Carefully remove bread from jars. Cool completely before slicing. Makes 2 loaves [12 servings total].

Per Serving: 96 cal., 4 g fat (1 g sat. fat), 37 mg chol., 260 mg sodium, 12 q carbo., 0 q fiber, 3 q pro.

Pineapple Spoon Bread

Although it's not savory like traditional spoon bread, this sweet variation has the same delightful texture as the classic.

Prep: 20 minutes Cook: 3 to 3½ hours (low) Cool: 1 hour

Nonstick cooking spray

- 1/2 cup butter, softened
- 1¹/₂ cups granulated sugar
- 1 teaspoon baking soda
- 2 eggs
- 2 cups all-purpose flour
- 1 20-ounce can crushed pineapple (juice pack), undrained
- 3/4 cup chopped walnuts or pecans, toasted*
- 3/4 cup packed brown sugar
- **1.** Lightly coat the inside of a $3\frac{1}{2}$ or 4-quart slow cooker with cooking spray; set aside.
- **2.** In a large bowl, beat butter with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar and baking soda; beat until combined. Beat in eggs until combined. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in any remaining flour (batter will be stiff). Stir in pineapple and nuts. Spread batter evenly in the prepared cooker. Sprinkle with brown sugar.
- **3.** Cover and cook on low-heat setting for 3 to $3\frac{1}{2}$ hours or until edges are set (cakelike) and temperature of center registers 175° F when tested with an instant-read thermometer. Center of cake will appear wet.
- **4.** Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 1 hour to cool slightly. Makes 10 to 12 servings. **Per Serving:** 442 cal., 16 g fat (7 g sat. fat), 67 mg chol., 213 mg sodium, 71 g carbo., 2 g fiber, 5 g pro.
- *Tip: To toast nuts, preheat oven to 350°F. Spread nuts in a single layer in a shallow baking pan. Bake for 5 to 10 minutes or until nuts are golden brown, stirring once or twice.

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«Triple-Berry Cobbler

For an extraordinary ending to any meal, bring out bowls full of bubbling berries set off by a sweetly spiced topper.

Prep: 25 minutes Cook: 13/4 to 2 hours (high) Cool: 1 hour

- 1 cup all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 eggs, lightly beaten
- 3 tablespoons vegetable oil
- 2 tablespoons milk
- 2 cups fresh or frozen blueberries
- 2 cups fresh or frozen raspberries
- 2 cups fresh or frozen blackberries
- 1 cup sugar
- 1 cup water
- 3 tablespoons quick-cooking tapioca Vanilla ice cream, whipped cream, half-and-half, or light cream (optional)
- 1. In a medium bowl, stir together flour, the ³/₄ cup sugar, baking powder, salt, cinnamon, and nutmeg. In a small bowl, combine eggs, oil, and milk. Add egg mixture all at once to flour mixture. Stir just until moistened. Set aside.
- 2. In a large saucepan, combine blueberries, raspberries, blackberries, the 1 cup sugar, the water, and tapioca. Bring to boiling. Pour hot fruit mixture into a 31/2or 4-quart slow cooker. Immediately spoon the batter over the fruit mixture.
- **3.** Cover and cook on high-heat setting for $1^3/_4$ to 2 hours or until a toothpick inserted into the center of the topper comes out clean.
- **4.** Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 1 hour to cool slightly. To serve, spoon warm cobbler into dessert dishes. If desired, top with ice cream. Makes 6 servings. **Per Serving:** 478 cal., 10 g fat [2 g sat. fat], 71 mg chol., 194 mg sodium, 97 g carbo., 6 q fiber, 6 q pro.

Corny Spoon Bread

Try this fluffy corn side dish instead of dressing with chicken or turkey.

Prep: 15 minutes Cook: 4 hours (low) Cool: 30 minutes

Nonstick cooking spray

- 4 eggs, lightly beaten
- 2 8.5-ounce packages corn muffin
- 1 14.75-ounce can cream-style corn
- $^{3}/_{4}$ cup milk
- 3/4 cup chopped red sweet pepper (1 medium)
- 1 4-ounce can diced green chile peppers, undrained
- 1/2 cup shredded Mexican cheese blend (2 ounces)

- **1.** Lightly coat the inside of a $3\frac{1}{2}$ or 4-quart slow cooker with cooking spray; set aside. In a large bowl, combine eggs, corn muffin mix, corn, milk, sweet pepper, and chile peppers. Spoon mixture into the prepared cooker.
- 2. Cover and cook on low-heat setting about 4 hours or until a toothpick inserted near the center comes out clean.
- **3.** Remove liner from cooker, if possible, or turn off cooker. Sprinkle top of spoon bread with cheese. Let stand, covered, for 30 to 45 minutes to cool slightly. Serve warm. Makes 8 to 10 servings.

Per Serving: 360 cal., 12 g fat [2 g sat. fat], 114 mg chol., 713 mg sodium, 54 g carbo., 1 g fiber, 11 g pro.

Baking Secrets

Whether you're baking in a slow cooker or an oven, these tips will help you get the best results.

- **FLOUR POWER** Measuring flour correctly is a key factor in creating scrumptiously tender baked goods. Before measuring, stir the flour in the bag or canister to fluff it up. Gently spoon the flour into a dry measuring cup or spoon, filling it to overflowing. Level off the top with the straight edge of a knife or spatula.
- FRESH IS BEST Certain leavening ingredients lose their strength after sitting in the cupboard for long periods of time. Be sure to check the expiration dates on your baking powder and baking soda before you begin a baking project.
- STORE SPICES WISELY Store ground spices in airtight containers in a dry place away from sunlight and heat. Ground spices begin to lose their flavor after one year, so be sure to replace them annually.
- TAKE THE CHILL OFF Unless otherwise directed in a recipe, allow refrigerated ingredients such as eggs and milk to come to room temperature for 20 to 30 minutes before they are used for baking. This will ensure the ingredients combine well and bake evenly.



Old-Fashioned Rice Pudding

No stirring or watching needed when rice pudding is made in the slow cooker. This version is flecked with raisins, dried cranberries, and/or dried chemies for a homey, comforting dessert.

Prep: 10 minutes Cook: 2 to 3 hours (low)

Nonstick cooking spray

- 4 cups cooked rice
- 1 12-ounce can evaporated milk
- 1 cup milk
- ¹/₃ cup sugar
- 1/4 cup water
- 1 cup raisins, dried cranberries, and/or dried cherries
- 3 tablespoons butter, softened

- 1 tablespoon vanilla or vanilla bean
- 1 teaspoon ground cinnamon
- **1.** Lightly coat the inside of a $3^{1}/_{2}$ or 4-quart slow cooker with cooking spray; set aside.
- **2.** In a large bowl, combine cooked rice, evaporated milk, milk, sugar, and the water. Stir in raisins, butter, vanilla, and cinnamon. Transfer mixture to the prepared cooker.
- **3.** Cover and cook on low-heat setting for 2 to 3 hours. Stir gently before serving. Makes 12 to 14 servings.

Per Serving: 204 cal., 6 g fat [3 g sat. fat], 18 mg chol., 73 mg sodium, 34 g carbo., 1 g fiber, 4 g pro.

Triple-Chocolate-Peanut Butter Pudding Cake»

Prep: 20 minutes Cook: 2 to $2\frac{1}{2}$ hours (high) Cool: 30 minutes

Nonstick cooking spray

- 1 cup all-purpose flour
- ¹/₃ cup sugar
- 2 tablespoons unsweetened cocoa powder
- 1¹/₂ teaspoons baking powder
- 1/2 cup chocolate milk or regular milk
- 2 tablespoons vegetable oil
- 2 teaspoons vanilla
- 1/2 cup peanut butter-flavor pieces
- 1/2 cup semisweet chocolate pieces
- 1/2 cup chopped peanuts
- 3/4 cup sugar
- 2 tablespoons unsweetened cocoa
- 11/2 cups boiling water Vanilla ice cream (optional) Chocolate bar pieces (optional)
- **1.** Lightly coat the inside of a $3\frac{1}{2}$ or 4-quart slow cooker with cooking spray;
- 2. In a medium bowl, stir together flour, the 1/3 cup sugar, 2 tablespoons cocoa powder, and baking powder. Add chocolate milk, oil, and vanilla; stir just until moistened. Stir in peanut butter pieces, chocolate pieces, and peanuts. Spread batter evenly in the prepared cooker.
- **3.** In another medium bowl, combine the ³/₄ cup sugar and 2 tablespoons cocoa powder. Gradually stir in boiling water. Carefully pour cocoa mixture over batter
- **4.** Cover and cook on high-heat setting for 2 to $2^{1}/_{2}$ hours or until a toothpick inserted into center of cake comes out clean.
- **5.** Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 30 to 40 minutes to cool slightly. To serve, spoon pudding cake into dessert dishes. If desired, top with ice cream and/ or chocolate bar pieces. Makes 8 servings. **Per Serving:** 372 cal., 15 g fat [6 g sat. fat], 3 mg chol., 125 mg sodium, 52 g carbo., 3 g fiber, 5 g pro.





Tropical Apricot Crisp

The toasted coconut and crunchy granola topping takes your palate to warmer climates. Prep: 10 minutes Cook: 2½ hours (low) Cool: 30 minutes

Nonstick cooking spray

- 2 21-ounce cans apricot pie filling
- 1 7-ounce package tropical blend mixed dried fruit bits
- 1 cup granola
- 1/3 cup coconut, toasted*
- 2 cups (1 pint) vanilla ice cream (optional) Honey (optional)
- **1.** Lightly coat the inside of a $3\frac{1}{2}$ or 4-quart slow cooker with cooking spray. In the prepared cooker, combine pie filling and dried fruit bits.
- 2. Cover and cook on low-heat setting for $2^{1/2}$ hours.
- **3.** Remove liner from cooker, if possible, or turn off cooker. In a small bowl, combine granola and coconut. Sprinkle over mixture in cooker. Let stand, uncovered, about 30 minutes to cool slightly.
- **4.** To serve, spoon warm apricot mixture into dessert dishes. If desired, top with scoops of ice cream and/or drizzle with honey. Makes 6 servings.

Per Serving: 587 cal., 13 q fat [8 q sat. fat], 45 mg chol., 144 mg sodium, 109 g carbo., 7 q fiber, 6 q pro.

*Tip: To toast coconut, preheat oven to 350°F. Spread coconut in a shallow baking pan. Bake for 5 to 10 minutes or until golden brown, watching closely to avoid burning and shaking the pan once or twice.

Boston Brown Bread

Slathered with butter or cream cheese, this bread is delightful with everything from meats to soups to main-dish salads.

Prep: 20 minutes Cook: 2 hours (high) Cool: 10 minutes

- ½ cup whole wheat flour
- ¹/₃ cup all-purpose flour
- 1/4 cup cornmeal
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, lightly beaten
- 3/4 cup buttermilk or sour milk*
- 1/4 cup molasses
- 2 tablespoons packed brown sugar
- 1 tablespoon butter, melted
- 2 tablespoons raisins, finely chopped
- 1/₂ cup warm water
- 1. Generously grease two 1-pint, straight-sided, wide-mouth canning jars; set aside.
- 2. In a medium bowl, stir together whole wheat flour, all-purpose flour, cornmeal, baking powder, baking soda, and salt. Make a well in the center of the flour mixture; set aside.
- **3.** In a small bowl, combine egg, buttermilk, molasses, brown sugar, and melted butter. Add egg mixture all at once to flour mixture. Stir just until moistened. Stir in raisins.
- **4.** Divide mixture between the prepared canning jars; cover tightly with greased foil. Immediately set jars in a 4- to 6-quart slow cooker. Pour the warm water into the cooker around jars.
- 5. Cover and cook on high-heat setting about 2 hours or until a long wooden skewer inserted near the centers comes out clean.
- **6.** Remove jars from cooker; cool for 10 minutes. Carefully remove bread from jars. Serve warm or at room temperature. Makes 2 loaves (12 servings total).

Per Serving: 89 cal., 2 g fat [1 g sat. fat], 21 mg chol., 102 mg sodium, 17 g carbo., 1 g fiber, 2 g pro.

*Tip: To make ³/₄ cup sour milk, place 2¹/₄ teaspoons lemon juice or vinegar in a glass measuring cup. Add enough milk to make ³/₄ cup total liquid; stir. Let stand for 5 minutes before using.

Apple Pie Bread Pudding

Chunky apple pie filling and cinnamon-raisin bread are the star attractions. If you don't have cinnamon-raisin bread, substitute white bread, $\frac{1}{3}$ cup raisins, and $\frac{1}{6}$ teaspoon cinnamon.

Prep: 15 minutes Cook: 3 hours (low) Cool: 30 minutes

Nonstick cooking spray

- 3 eggs, lightly beaten
- 2 cups milk, half-and-half, or light cream
- 1/2 cup sugar

- 1 21-ounce can chunky apple pie filling (10 percent
- $4^{1}/_{2}$ cups dried $^{1}/_{2}$ -inch cinnamon-raisin bread cubes (8 or 9 slices)* Whipped cream or vanilla ice cream (optional)
- **1.** Lightly coat the inside of a $3^{1}/_{2}$ or 4-quart slow cooker with cooking spray; set aside.
- 2. In a large bowl, whisk together eggs, milk, and sugar. Stir in pie filling; gently stir in bread cubes. Transfer mixture to the prepared cooker.
- **3.** Cover and cook on low-heat setting about 3 hours or until a knife inserted near the center comes out clean (mixture will puff).
- **4.** Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 30 to 45 minutes to cool slightly (pudding will fall as it cools).
- **5.** To serve, spoon warm bread pudding into dessert dishes. If desired, top with whipped cream. Makes 6 servings.

Per Serving: 548 cal., 6 g fat [2 g sat. fat], 113 mg chol., 133 mg sodium, 114 g carbo., 8 g fiber, 16 g pro.

*Tip: To make dried bread cubes, preheat oven to 300°F. Cut fresh bread into $\frac{1}{2}$ -inch cubes. Spread in a single layer in a 15×10×1-inch baking pan. Bake for 10 to 15 minutes or until cubes are dry, stirring twice; cool. Or let bread cubes stand, loosely covered, at room temperature for 8 to 12 hours.

Easier than pie! Just two flavorful ingredients cinnamon-raisin bread and apple pie filling—pack tons of deliciousness into this pie-inspired bread pudding.



1. Lightly coat a 1-quart soufflé dish or casserole with cooking spray. Tear off an 18×12-inch piece of heavy foil; cut in half lengthwise. Fold each piece lengthwise

Fresh raspberries (optional)

Fresh mint (optional)

1 cup warm water

5. Carefully lift with foil strips to remove dish; discard foil. Cool completely on a wire rack. Cover and chill 4 to 24 hours. To serve, spoon cheesecake into dessert dishes. If desired, garnish with raspberries and/or mint. Makes 8 servings. **Per Serving:** 253 cal., 19 g fat [11 g sat. fat], 131 mg chol., 159 mg sodium, 15 g carbo.,