

# Slow Cooker Fruit Pudding

This slow cooker dessert can be made with staple foods that are found in most pantries. The Alberta Nutrition Guidelines recommend choosing foods with little or no added sugar. This recipe should be enjoyed once in a while.



## Ingredients:

1 cup	Whole wheat flour	250mL
½ cup	Sugar	125 mL
¼ cup	Brown sugar	60 mL
2 tsp	Baking powder	10 mL
½ tsp	Salt	2 mL
½ tsp	Cinnamon	2 mL
2 Large	Eggs	2 Large
2 Tbsp	Canola Oil	30 mL
1 tsp	Vanilla extract	5 mL
1 ¼ cups	1% milk	310 mL
1 – 14 ounce can	No sugar added diced peaches, drained	1 – 398 mL can

## Directions:

1. In a medium bowl, mix together flour, sugars, baking powder, salt and cinnamon.
2. Add eggs, oil, vanilla and milk. Mix well.
3. Stir in peaches.
4. Lightly spray inside of slow cooker with non-stick cooking spray. Pour pudding mixture into slow cooker.
5. Place 4 to 5 layers of paper towels between top of slow cooker and lid.
6. Cover and cook on high for about 2 hours.

**Makes 6 servings (175 mL/ ¾ cup/ 191 g)**

Source: Tasty Slow Cooker Recipes for Growing Healthy Babies, CPNP, First Nations and Inuit Health Branch, Alberta Region, Health Canada, 2007

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<b>Nutrition Facts</b>	
Per 1/6 of recipe (175 mL / 3/4 cup / 191 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 290	
<b>Fat</b> 7 g	<b>11 %</b>
Saturated 1 g + Trans 0 g	<b>5 %</b>
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 350 mg	<b>15 %</b>
<b>Carbohydrate</b> 52 g	<b>17 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 36 g	
<b>Protein</b> 7 g	
Vitamin A	20 %
Vitamin C	4 %
Calcium	12 %
Iron	10 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	3 g
Low in saturated fat	1 g
Source of potassium	305 mg
Source of calcium	135 mg
High in magnesium	43 mg
Source of folate	26 mcg
Source of iron	1.5 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1/2
Grain Products	1
Milk and Alternatives	1/4
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Slow Cooker