

Upsidedown Peach Cake (Single Serving)

Peach Upside Down Cake (Single Serve) (2 ways)



Serves 1

3 Points on all plans – Green, Blue and Purple

- 1/2 fresh peach, cut into pieces (can also use canned or frozen)
 - 3/4 tsp butter
 - 1 Tbsp zero calorie brown sugar substitute – I use Sukrin Gold
 - 3 Tbsp self rising flour
 - 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
 - 1/4 tsp baking powder
 - pinch salt
 - 1 tsp unsweetened applesauce
 - 2 Tbsp almond or cashew milk
 - 1/8 tsp vanilla
1. Spray a small single serve baking dish (I use a 10 oz ramakin) with non stick spray
 2. Add 3/4 tsp of butter and 1 Tbsp of brown sugar to the dish. Microwave for 20 seconds. Stir butter and sugar together. Add sliced peaches on top of sugar mixture.

Set aside

3. In a small mixing bowl, mix flour, monkfruit, baking powder, salt, applesauce, milk and vanilla. Whisk until batter is smooth
4. Pour batter over peaches.
5. Bake for 20 minutes in a 350° oven OR microwave on high for 50 seconds. The texture is better baked in the oven, but the microwave version is delicious too!
6. Let the oven version sit for 10 minutes then invert onto plate. Let the microwave version sit for 5 minutes and then invert on the plate.

Dessert
Cakes