

Peach Upside-Down Cake

This is a lightly sweetened cake that allows the fresh flavor of the peaches to shine through. If you like your desserts sugary (like my daughter does), feel free to increase the amount of sugar that goes into the skillet by up to double. The same goes if your peaches are not quite sweet enough. But my husband and I like it just like this.

Servings: 8 Calories: 148kcal Author: Susan Voisin



4.88 from 8 votes

Ingredients

Dry Ingredients

- 1 1/2 cups unbleached white flour
- 2 teaspoons baking powder
- 1/2 tsp ginger
- 1/2 cup natural sugar (*I used demerara for all the sugar in this recipe*)
- 1/8 teaspoon salt

Liquid Ingredients

- 1 cup vanilla soy milk mixed with 1 teaspoon lemon juice (*or other plant milk*)
- 1/2 tsp vanilla extract
- 1 teaspoon lemon zest (*or 1/4 teaspoon lemon extract*)

Peaches

- 4 cups peeled and sliced peaches
- 2 tablespoons natural, raw or brown sugar
- 1/4 cup natural, raw or brown sugar
- 2 tablespoons water

Instructions

1. Preheat oven to 350.
2. Combine the dry ingredients in a medium-sized mixing bowl. Combine the soy milk, vanilla, and lemon zest in a separate bowl. Set aside without mixing them together.
3. Combine the peaches with the 2 tablespoons of sugar. Wipe or spray a 10-inch, well-seasoned cast iron skillet with oil. (This step is very important if you want to be able to get the cake out of the pan.) Begin heating it and add the 1/4 cup (or more) of sugar and the 2 tablespoons water. Heat and stir until the sugar is completely melted. Continue to cook and stir until the mixture is bubbly and slightly reduced (but be careful not to burn it). Place the peaches on top of the sugar and remove from heat:
4. Add the liquid ingredients to the flour mixture, stirring briefly just to moisten. Pour and smooth the batter over the peaches, covering them entirely. Put the skillet into the oven (you may want to place a cookie sheet or foil on the shelf below it to catch drips) and bake until the sides of the cake pull away from the edges of the pan and a toothpick comes out clean (about 30-40 minutes):
5. Allow the cake to cool in the pan for about 15-30 minutes. Then, run a knife around the edges of the cake to loosen it from the pan. Place a large plate or serving platter over the top and invert the skillet. Remove the skillet carefully from the cake:
6. Be sure to scrape any caramelized juices from the pan and smooth them over the peaches. Voilà! Peach Upside-Down Cake!

7. Serve warm or at room temperature, alone or with vanilla non-dairy ice cream. Makes about 8 servings.

Notes

One serving is 6 points on WW Freestyle program.

Nutrition

Serving: 1 slice | Calories: 148kcal | Carbohydrates: 36g | Protein: 2g | Fat: 1g | Sodium: 166mg | Fiber: 2g

Recipe copyright FatFree Vegan Kitchen <https://blog.fatfreevegan.com/2007/08/peach-upside-down-cake.html>