

# Eat Smart!

## Very Berry Blackberry Dump Cake

- 4 cups fresh blackberries
- 1 3-oz. box raspberry or blackberry gelatin
- 1/3 cup sugar (if needed)
- 1 18-oz. box yellow or butter cake mix
- 1 cup water
- 1 stick butter, melted
- 1/2 cup chopped pecans (optional)

1. Lightly oil or spray 12-inch Dutch oven.
2. Spread berries in prepared Dutch oven.
3. Mix gelatin and sugar together; sprinkle over berries.
4. Sprinkle cake mix over gelatin and berries.
5. If using nuts, add them now.
6. Pour the melted butter over the cake mix.
7. Slowly add the water.
8. Bake at 350 degrees for 35-45 minutes or until golden and toothpick inserted into the cake portion comes out clean.
9. Let cool for 15 minutes before serving



Nutrition Facts	
12 servings per container	
Serving size (133g)	
Amount per serving	
<b>Calories</b>	<b>310</b>
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 12g Added Sugars	24%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 1mg	6%
Potassium 109mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### For outdoor cooking:

In a 12-inch Dutch oven, bake for 35 minutes with 8 briquettes in a ring around the bottom and 16 spaced evenly on the lid.



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