



Peach Cobbler

Servings: 6 **Serving Size:** ½ cup

Ingredients:

- 1 (29-ounce) can of sliced peaches, packed in 100% juice
- ½ cup whole-wheat flour
- ½ cup enriched all-purpose flour
- ½ cup oats
- ¼ cup sugar
- 2 teaspoons baking powder
- 1½ Tablespoons vegetable oil
- ½ cup low-fat or fat-free milk
- Cooking oil spray

Directions:

1. Preheat oven to 350 degrees.
2. Drain liquid from peach slices.
3. Spray an ovenproof 1 ½-quart dish with cooking oil spray. Add peach slices.
4. In a large mixing bowl, combine the flours, oatmeal, sugar, and baking powder. Mix well with a fork.
5. Add oil and low-fat or fat-free milk to dry ingredients and mix until smooth.
6. Drop the dough on top of peach slices by spoonfuls, covering peaches.
7. Bake in oven for about 30 minutes or until fruit bubbles and the topping is slightly brown.
8. Remove from oven. Let cool before serving. Serve warm and garnish with a small scoop of low-fat or fat-free vanilla frozen yogurt, if desired.

Nutrition Facts

Serving Size 1/6 cobbler (196g)
 Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 45g **15%**

Dietary Fiber 4g **16%**

Sugars 24g

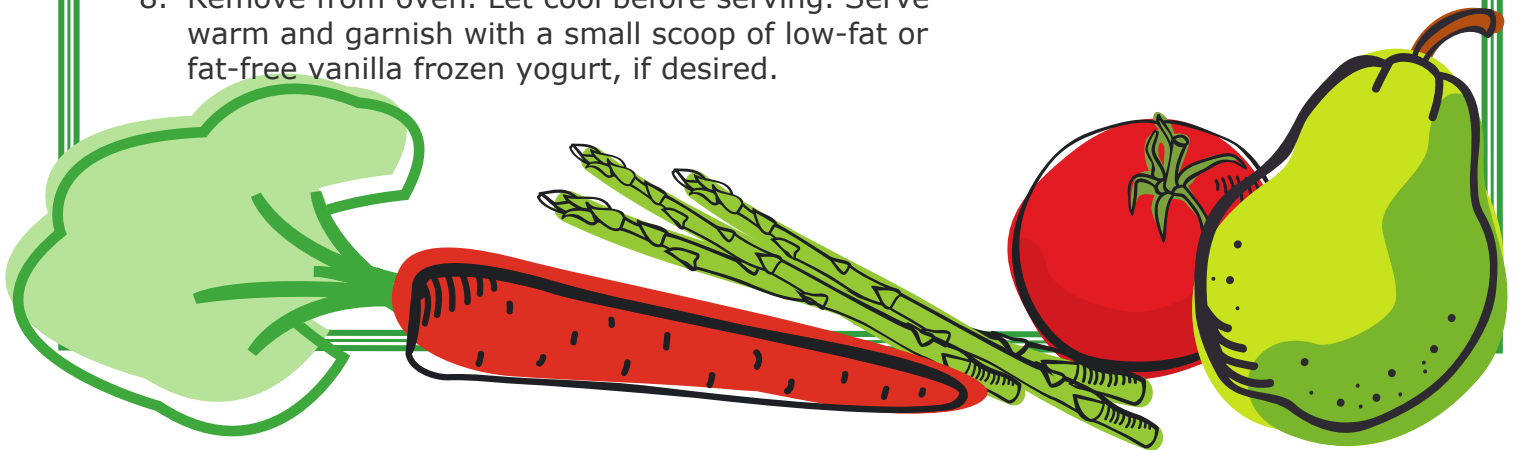
Protein 5g

Vitamin A 10% • **Vitamin C 8%**

Calcium 4% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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