



The Right Bite **Mixed Berry Cobbler**

6 Servings

Ingredients

You'll Need:

1/4 cup light margarine
1 cup all-purpose flour
1 1/2 teaspoons baking powder
1 cup apple juice concentrate
1/2 cup water
2 teaspoons almond flavoring
4 packets saccharin-based sweetener (like Sweet 'n Low)
12-ounce package frozen unsweetened blackberries, thawed*
12-ounce package frozen unsweetened raspberries, thawed*

Take Out:

2 - 3 quart casserole dish
Small mixing bowl
Measuring cups
Measuring spoons
Large mixing bowl

*You may use all blackberries or all raspberries or substitute blueberries for either. If you use blueberries, add a little lemon juice.

Directions:

1. Pre-heat oven to 350 degrees.
2. Melt margarine in casserole dish. Set aside.
3. Combine flour and baking powder in small bowl. Add apple juice concentrate and water. Mix well. Pour batter over melted margarine.
4. In large bowl, combine berries, berry juice and almond flavoring. Stir well and spoon over batter.
5. Bake for 45 minutes or until browned. Serve warm.

Nutrition Facts:

Calories	126
Carbohydrate	26 grams
Fat	2.5 grams
Sodium	70 mg
Protein	1.6 grams

Exchanges: 1 fruit, 1/2 starch, 1/2 fat

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