



Peach Cobbler

6 Servings

Ingredients:

1 tbsp. cornstarch
½ cup and 2 tbsp. unsweetened apple juice
4 cups unsweetened peach slices
¼ tsp. ground nutmeg
½ cup whole wheat flour
Non-stick vegetable spray
½ cup white flour
1 tsp. baking powder
2 tsp. sugar or 1 packet saccharin or acesulfame-K
2 tbsp. reduced-fat margarine
5-6 tbsp. skim milk

Directions:

1. Combine cornstarch and apple juice. Mix well.
2. Combine peaches, ½ cup apple juice, and nutmeg in saucepan. Cover and bring to boil. Reduce heat and simmer 10 minutes.
3. Stir in cornstarch mixture. Cook and stir constantly until thickened.
4. Remove from heat and cool.
5. Spray baking pan with vegetable spray and pour peach mixture into pan.
6. Combine flours, baking powder and sugar.
7. Cut in margarine until dough resembles coarse meal.
8. Sprinkle milk over surface, and stir until dry ingredients are moistened. Shape into ball.
9. Roll dough on lightly floured surface into a rectangle.
10. Place over peaches. Cut a few slits over surface of dough to allow steam to escape.
11. Bake cobbler at 425 degrees for 10 minutes. Reduce heat to 350 degrees and bake for 25 minutes.

Nutrition facts:

Calories: 158
Carbohydrate: 33g
Fat: 2g
Sodium: 7mg
Protein: 4g

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