

Rise and Shine Breakfast Cobbler

Yield: 4 servings

INGREDIENTS

- 1 cup juice-packed canned sliced peaches, drained
- 1 cup juice-packed canned sliced pear halves, drained
- 6 pitted prunes, cut in half (or other dried fruit)
- 1/4 teaspoon vanilla extract
- 1 orange, zested and juiced
- 1 cup granola, low-fat

INSTRUCTIONS

1. In a large microwave-safe bowl, mix peaches, pears, prunes, vanilla extract, orange zest, 1/4 cup orange juice; stir.
2. Top with granola.
3. Microwave on high for 5 minutes. Let stand for 2 minutes.
4. Spoon into 4 bowls and serve warm.

NOTES

Serving Size: 3/4 cup

Nutrition Facts per Serving:

Calories 280

Total fat 1g

Saturated fat 0g

Sodium 60mg

Protein 3g

Source: SNAP-Ed Connection