Peach Cobbler

Makes 16 servings

Ingredients

nonstick cooking spray
1 cup low-fat (1%) milk
1 cup all-purpose flour
1 ½ teaspoons baking powder
1 cup sugar, divided
1 teaspoon vanilla extract
½ cup unsalted butter, melted
2 teaspoons ground cinnamon
6 cups sliced peaches
(about 2 pounds fresh peaches)

Directions

1. Preheat oven to 375 F. Spray a 9-by-13-inch baking dish with nonstick cooking spray. Set aside.
2. In a large bowl, whisk together milk, flour, baking powder and ¾ cup sugar. Add vanilla and melted butter. Stir until well-combined.
3. In a small bowl, combine cinnamon and remaining sugar. Stir. Place peach slices on the bottom of the prepared pan. Sprinkle with cinnamon-sugar mixture.
4. Pour batter (made in step 2) into the pan and spread evenly. Do not stir.
5. Bake for 30 to 40 minutes or until light brown and bubbly. Enjoy warm!

Allina Health

DESSERT

TIP

Make sticking to one serving easier by baking this cobbler in muffin tins instead! (You'll need to decrease your baking time to 20 to 25 minutes.)

= low sodium

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Nutrition Facts

Serving Size 1/16 of pan (102g)
Servings Per Container 16

Amount Per Serving	
Calories 160	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 55mg	**2%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 18g	
Protein 2g	

Vitamin A 8%	• Vitamin C 6%
Calcium 6%	• Iron 2%

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

	Calories:	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: flour, milk
Carb choices per serving: 2