

THIS WEEK'S RECIPE

As seen on hdnews.net



Fruit Cobbler

A favorite recipe from my mother, Evelyn

- 1 stick butter or margarine
- 1 cup sugar
- 1 cup flour
- 1 1/2 tsp. baking powder
- 3/4 cup milk
- 3-4 cups peaches or other fruit – Frozen, Canned



- Spray 9 x 13 pan with cooking spray and melt butter or margarine in pan in warm oven.
- Mix sugar, flour, baking

powder and milk together and pour over melted margarine.

- Add peaches on top and bake at 375 degrees until lightly browned.
- When partially baked sprinkle with about 3 Tablespoons additional sugar.
- Baking time approx 30 minutes or until brown and thoroughly baked. Test dough with a toothpick to make sure it is done. When the cobbler bakes, the dough bakes up over the cobbler fruit.
- For fruit use your favorites. Frozen fruit works great, it should be at least thawed when it is put over the dough.



Nutrition Facts

Serving Size (120g)
Servings Per Container 10

Amount Per Serving
Calories 260 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1.5g	9%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 32g	
Protein 3g	

Vitamin A 10%	•	Vitamin C 6%
Calcium 8%	•	Iron 4%

*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
Nutritional analysis does not include any filling. 1/3 cup of sugar was sprinkled on top to complete this dish. Peach were used for this analysis.

Location of Ingredients

- (at Vine Street Dillon's)
- | | |
|--------------------------|-------|
| ITEM | AISLE |
| Butter Or Margarine .. | Dairy |
| Sugar | #11 |
| Flour | #11 |
| Baking Powder | #11 |
| Milk | Dairy |
| Peaches Or Other Fruit – | |
| Frozen | #7 |
| Canned | #5 |



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