

1-2-3 PEACH COBBLER

From NHLBI

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/peachcob.htm>

Ingredients

- 1/2 tsp. ground cinnamon
- 1 Tbsp. vanilla extract
- 2 Tbsp. cornstarch
- 1 cup peach nectar
- 1/4 c pineapple or peach juice (can use juice from canned peaches)
- 2 cans (16 oz each) peaches, packed in juice, drained, (or 1 3/4 lb fresh), sliced
- 1 Tbsp. tub margarine
- 1 cup dry pancake mix
- 2/3 cup all-purpose flour
- 1/2 cup sugar
- 2/3 cup evaporated skim milk
- As needed, nonstick cooking spray
- 1/2 tsp. nutmeg
- 1 Tbsp. brown sugar

Instructions

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture. Reduce heat and simmer for 5-10 minutes.
3. In another saucepan, melt margarine and set aside.
4. Lightly spray 8-inch square glass dish with cooking spray. Pour in peach mixture.
5. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this mixture over peach mixture.
6. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
7. Bake at 400° F for 15-20 minutes, or until golden brown.
8. Cool and cut into 8 squares.

Makes 8 servings (Serving Size: 1 square)

Each serving provides:

Calories: 271

Total fat: 4g

Saturated fat: less than 1g

Cholesterol: less than 1mg

Sodium: 263mg

Total fiber: 2g

Protein: 4g

Carbohydrates: 54g

Potassium: 284mg



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