

Apple Cobbler

Dessert, Makes 6 Servings

Ingredients:

4 cups apples, sliced and peeled
3/4 cup sugar
1 cup all-purpose flour
1/2 cup milk
4 tablespoons butter substitute (such as Smart Balance®),
softened to room temperature
1 teaspoon baking powder
1 teaspoon cinnamon

Topping:

3/4 cup sugar
1 tablespoon cornstarch
1/2 cup water, boiling

Preheat oven to 325°F. Put apples in a 9 x9-inch pan. In a medium bowl, mix 3/4 cup sugar, flour, baking powder, and cinnamon. Add butter and milk. Mix until smooth and creamy. Pour over apples.

In a small bowl, mix sugar and cornstarch. Sprinkle on top of batter. Pour boiling water over the cobbler. Bake for 50 minutes, or until crust is golden brown.

Nutrition Facts:

Per Serving (1/6 of dish)

Calories:	450 kcals
Protein	3 g
Carbohydrates:	100 g
Fiber:	4 g
Total Fat:	7 g
Saturated Fat:	2.1 g
Cholesterol:	1 mg
Phosphorus:	62 mg
Sodium:	112 mg
Potassium:	163 mg/4.2 mEq

(mEq = milliequivalent)

