

Fruit Cobbler

2 cups fresh or frozen fruit of your choice
Nonstick cooking spray
 $\frac{2}{3}$ cup all-purpose flour
 $\frac{3}{4}$ cup sugar
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{2}{3}$ cup fat free milk

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	134
Carbohydrate:	32 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	86 milligrams
Dietary fiber:	1 gram

1. Preheat oven to 350°.
2. If using fresh fruit, wash and slice it.
3. Coat $1\frac{1}{2}$ quart casserole dish with cooking spray.
4. Divide sugar into $\frac{1}{2}$ cup and $\frac{1}{4}$ cup portions.
5. Combine flour, $\frac{1}{2}$ cup sugar, and baking powder in small mixing bowl. Slowly stir in milk.
6. Pour batter into casserole dish.
7. Combine $\frac{1}{4}$ cup sugar with fruit. Sprinkle fruit mixture evenly on top of batter.
8. Bake at 350° for 50 minutes. Serve hot.