Rise and Shine Cobbler

Serves 4

Ingredients:

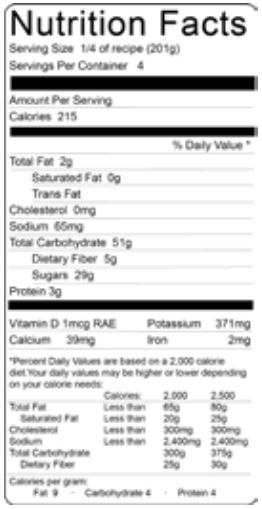
1 cup peaches (canned, drained and sliced)
1 cup pear halves (canned, drained and sliced)
6 prunes (pitted, each cut in half)
1/4 teaspoon vanilla extract
1 orange
1 cup granola, low-fat

Directions:

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

NOTE: Dried plums and prunes are the same thing.

Source: https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rise-and-shine-cobbler



Nutrition Facts

Serving Size 1/4 of recipe (201g)
Servings Per Container 4

Amount Per Serving
Calories 215

% Daily Value *

Total Fat 2g
Saturated Fat 0g
Trans Fat
Cholesterol 0mg
Sodium 65mg
Total Carbohydrate 51g
Dietary Fiber 5g
Sugars 29g
Protein 3g

Vitamin D 1mcg RAE — Potassium 371mg
Calcium 39mg — Iron 2mg

*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

K-STATE Research and Extension
USDA United States Department of Agriculture | National Institute of Food and Agriculture
EFNEP Expanded Food and Nutrition Education Program

This material is based up the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

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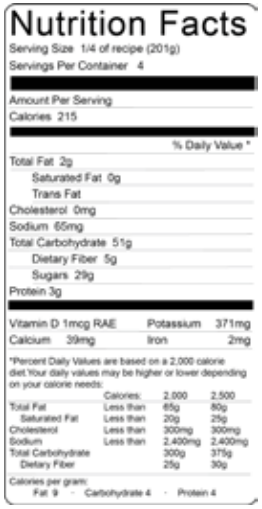

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