


Country Fruit Cobbler

Ingredients:

4 cups sliced fresh or frozen peaches (about 8)
1 cup sugar, divided
¼ teaspoon ground cinnamon
½ cup all-purpose flour
½ cup white whole wheat flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup milk
¼ cup melted butter



Preparation Time: 30 minutes
Baking Time: 50 to 60 minutes
Makes: 8 servings

Directions:

1. Preheat oven to 350 °F.
2. Combine peaches, ½ cup sugar and cinnamon in large mixing bowl. Place peach mixture in greased 13x9-inch baking dish or iron skillet.
3. Combine ½ cup sugar, all-purpose flour, whole white wheat flour, baking powder and salt in medium mixing bowl.
4. Add milk and melted butter to dry mixture. Blend well.
5. Pour batter over peaches. Bake for 50 to 60 minutes or until crust is crisp and golden brown. Serve hot with ice cream or whipped cream.



Family Activity:

Cobbler recipes have been passed down through the generations. Visit with relatives and discover cobbler traditions in your family. You may find there are several versions! Visit a fruit farm and find fruits that are grown locally to make your cobbler.

Nutrition Facts (1 serving/150g)

Calories: 253, Protein: 4g, Carbohydrates: 46g, Dietary Fiber: 2g, Fat: 6g, Saturated Fat: 4g, Cholesterol: 17mg, Calcium: 69mg, Potassium: 156mg, Sodium: 275mg



Fun Fact:

Cobblers are a simple traditional American dessert with many variations. The batter may be a biscuit, cake, dumpling or pie pastry placed on top or underneath the fruit. Fruits available vary, depending upon the season and local markets.



Vocabulary:

Padowdy:

deep dish apple dessert cooked with fruit under a biscuit dough crust.