PEACH COBBLER
Serves 8

Ingredients:
For filling:
4 cups sliced, peeled fresh peaches or one 16-ounce package frozen unsweetened peach slices, thawed
2 tablespoons sugar (or sugar substitute equivalent to 2 tablespoons sugar)
¼ cup water
1½ tablespoons cornstarch
¼ teaspoon ground cinnamon or allspice

For biscuit topping:
1 cup whole wheat flour
¼ cup sugar (or sugar substitute equivalent to 2 tablespoons sugar)
1 ½ teaspoons baking powder
¼ teaspoon cinnamon or allspice
1/8 teaspoon salt
1 cup low-fat milk
¼ cup canola oil
1 teaspoon vanilla extract

2 teaspoons sugar (optional)
2 tablespoons sliced almonds (optional)

Directions:
1. Preheat oven to 400 degrees F
2. Prepare the filling: In a medium sauce pan combine peaches, water, sugar, cornstarch, and cinnamon. Cook until thickened and bubbly. Transfer hot filling to an 8x8 inch baking dish.
3. Prepare the biscuit topping: In a medium bowl combine dry ingredients - flour, sugar, baking powder, cinnamon and salt. In a small bowl combine wet ingredients - milk, oil, and vanilla. Add wet ingredients to the dry ingredients and mix until just moistened – do not over mix.
4. Drop the biscuit mixture into small mounds over the hot filling. Using a wet knife, smooth biscuit topping over filling.
5. Sprinkle with 2 teaspoons sugar and almonds, if desired.
6. Bake 20 minutes or until browned and toothpick inserted comes out clean. Serve warm.

Nutritional Information per serving:
Calories: 184 Carbohydrates: 26g
Total Fat: 7g Cholesterol: 28mg
Saturated Fat: 1g Dietary Fiber: 3g
Protein: 4g Sodium: 160mg