

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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 tablespoon 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 teaspoon 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