

**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



SIMPLE SOUTHERN PEACH COBBLER

Recipe by *Chef Latrecia Hunter, La Tres Soul Cuisine*

Makes 10 servings

Ingredients:

2 pounds sliced peaches (Can be fresh, frozen or canned. If canned drain well before using)
¼ cup packed brown sugar
½ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon lemon juice
2 teaspoon cornstarch
¼ cup packed brown sugar
½ cup butter or trans-fat free margarine, melted

COBBLER BATTER

1 ½ cup sugar
1 cup all purpose flour
1 cup whole wheat flour
2 cups 1% milk
1 ½ tablespoons baking powder

TOPPING:

1 tablespoon sugar
1 teaspoon cinnamon

INSTRUCTIONS: Total Prep time is approx. 50 minutes

1. PREHEAT OVEN TO 350 degrees.
2. In a small bowl mix brown sugar, nutmeg, cinnamon, lemon juice, and cornstarch. Combine well.
3. Place peaches in a large bowl. Add sugar mixture coat well with sugar mixture. Set aside for 15 minutes.
4. Prepare cobbler batter. In a separate bowl mix the sugar, flour, baking powder, and milk. Whisk and mix completely until batter smooth. Let rest for 10 minutes.
5. Place peach mixture into a 9 X 13 inch baking pan. Pour batter over the peaches covering completely.
6. Bake for 45 – 50 minutes until top is golden brown and edges are crispy.
7. Mix the cinnamon and sugar together and set aside.
8. Test the cobbler to see if it is done by poking in the center of the cobbler with a toothpick or knife. (If done there should be no batter residue.) Remove cobbler and set aside. Sprinkle topping mixture on it lightly while hot. Let cobbler stand for 5 -7 minutes before serving. Serve alone or over your favorite ice-cream!
9. **ENJOY!**