

BLUEBERRY PEACH COBBLER

145.5 calories | 3.5 g total fat | 1.5 g saturated fat | 0.1 g trans fat | 0.6 g polyunsaturated fat | 1.0 g monounsaturated fat | 38.6 mg cholesterol | 135.7 mg sodium | 24.9 g carbohydrates | 3.0 g fiber | 7.6 g sugars | 3.7 g protein



INGREDIENTS	50 SERVINGS	100 SERVINGS	200 SERVINGS
Filling:	(2-#2 full size hotel pans/25 servings each)	(4-#2 full size hotel pans/25 servings each)	(8-#2 full size hotel pans/25 servings each)
Frozen peaches	16 cups	32 cups	64 cups
Frozen blueberries	16 cups	32 cups	64 cups
Sugar substitute	1.5 cups	3 cups	6 cups
Zest	From 2 oranges	From 4 oranges	From 8 oranges
Cardamom	.25 teaspoon	.5 teaspoon	1 teaspoon
Cornstarch	8 tablespoon	1 cup	2 cups
Cinnamon	1 teaspoon	2 teaspoons	4 teaspoons
Topping:			
Eggs	9	18	36
Nonfat milk	1.5 cups	3 cups	6 cups
Butter	.5 cup	1 cup	2 cups
Yogurt	1 cup	2 cups	4 cups
Vanilla	1 teaspoon	2 teaspoons	4 teaspoons
Flour	5.5 cups	11 cups	22 cups
Sugar substitute	1 cup	2 cups	4 cups
Baking powder	4 tablespoons	8 tablespoons	1 cup
Salt	A pinch	.25 teaspoon	.5 teaspoon

This recipe is to taste the splendors of summer all year long, using frozen peaches and blueberries. It is a dumpling-Cobbler batter just thin enough for fruit to peek through for everyone to enjoy!

PROCEDURE

1. Preheat oven to 350 degrees. Prepare 2 each 2" full size hotel pans by coating with cooking spray.
2. Defrost frozen fruit in a large pot on low heat, allowing juices to release from fruit. Add sugar substitute, cornstarch, zest, cinnamon and cardamom. Stir and cook until fruit becomes warm and juices become a thickened filling consistency. Take off heat and transfer fruit to pans dividing evenly.
3. To make topping, in a large mixing bowl combine eggs, milk, butter, yogurt, and vanilla. Whisk until well blended.
4. In a second large bowl combine flour, sugar, baking powder and salt. Whisk together to blend well.
5. Add the dry mixture to the wet, stirring with a spoon until well combined.
6. Spoon batter evenly over both pans of fruit. Some will sink between the fruit and some will remain atop.
7. Bake for 1 hour. Topping should be able to pull aside and reveal a crumb interior.
8. Serve hot or warm with a small scoop of no-sugar-added, fat-free vanilla ice cream.



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