

PEACH-BLUEBERRY COBLER

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 biscuit with fruit

Nutrition (per serving)

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 178 mg

Total Carbohydrate: 28

Dietary Fiber: 3 g

Calories: 160

Protein: 4 g

Ingredients

Fruit Ingredients:

3 Tbsp sugar or no-calorie sweetener, such as Splenda®

4 tsp cornstarch

1 ½ tsp grated lemon zest

4 cups peeled and sliced peaches

1 cup blueberries

Biscuit Topping Ingredients:

1/3 cup whole-wheat flour
1/3 cup all-purpose flour
1/3 cup old-fashioned rolled oats
3 Tbsp plus 1 tsp sugar
1 tsp baking powder
pinch of salt
2 oz (1/4 cup) reduced-fat cream cheese
1 Tbsp canola oil
1/4 cup low-fat buttermilk or 1/4 cup low-fat milk plus 1 tsp lemon juice
2 Tbsp sliced almonds

Directions

1. To prepare fruit: Preheat oven to 400 degrees. Coat an 8 x 8-inch (2-qt) baking dish with cooking spray. Stir together sugar (or no-calorie sweetener), cornstarch and lemon zest in large bowl. Add fruit and toss to coat. Add to baking dish and set aside.
2. To make topping: Whisk whole-wheat flour, all-purpose flour, rolled oats, 3 Tbsp sugar, baking soda, baking powder and salt in large bowl. Add cream cheese and blend with pastry blender or your fingertips until mixture resembles coarse crumbs. Add oil and toss with a fork to blend. Gradually add buttermilk (or milk-lemon juice mixture) to flour mixture, stirring with a fork, until dough clumps together. Drop dough in 9 heaping tablespoons over fruit, and pat into ½-inch thick biscuits leaving a little space between each one. Sprinkle with almonds, then with remaining 1 tsp sugar.
3. Bake until fruit is bubbly and topping is golden, 25-35 minutes. Let cool slightly. Serve warm.