Blackberry Cobbler

This comfort food is a delicious dessert for summertime family reunions with seasonal blackberries.

Ingredients

Servings 8 **Serving Size** 1/8 slice

- Cooking spray
- 4 cups blackberries
- 1/4 cup sugar substitute and 1/2 cup sugar substitute, divided use
- 1/4 cup water
- Juice from 1 medium lime
- 2 teaspoons ground ginger
- 1 1/3 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/16 teaspoon salt
- 1 1/4 cups fat-free milk
- 1/4 cup canola or corn oil
- 1/4 cup fat-free, plain Greek yogurt
- 1 teaspoon vanilla extract

Directions

Tip: Click on step to mark as complete.

1. Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
2. In a medium bowl, gently stir together the berries, 1/4 cup sugar substitute, the water, lime juice, and ginger. Let the berry mixture stand for at least 15 minutes so the juices can accumulate.
3. In a small bowl, stir together the flour, baking powder, salt, and the remaining 1/2 cup sugar substitute.
4. In a large bowl, whisk together the milk, oil, yogurt, and vanilla.
5. Add the flour mixture to the milk mixture, stirring just until no flour is visible. Don’t overmix.
6. Pour the batter into the baking pan. Using a spatula, spread the batter in the pan. (The batter doesn’t have to touch the edge of the pan; it will spread while baking.) Top with the berry mixture.
7. Bake for 50 minutes, or until a wooden toothpick inserted in the center comes out clean.

Quick Tips

Cooking Tip: This sweet-tart fruit is nutrient dense. Look for plump berries with a dark, rich color.

Nutrition Facts

Blackberry Cobbler

Calories

199 Per Serving

Protein

5g Per Serving

Fiber

4g Per Serving

Nutrition Facts

Calories	199
Total Fat	7.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	4.5 g
Cholesterol	1 mg
Sodium	163 mg
Total Carbohydrate	28 g
Dietary Fiber	4 g
Sugars	6 g
Protein	5 g

Dietary Exchanges
1 starch, 1/2 fruit, 1/2 other carbohydrate, 1 fat

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