Fruit Cobbler Crunch
Makes 6 servings

Ingredients:
2 16 ounce cans of peaches, plums, apricots, or a combination of these (canned in light syrup, drained)
¾ cup low-fat granola
1 8 ounce carton of nonfat vanilla yogurt
Cinnamon

Directions:
1. Place drained fruit in a large bowl.
2. Place granola in small bowl.
3. To serve, top a spoonful of fruit with a spoonful of yogurt, a small spoonful of granola, and a sprinkling of cinnamon.

Variations:
• Substitute 12 pieces of chopped fresh fruit for canned fruit.
• Substitute crumbled graham crackers or vanilla wafers for low-fat granola.

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999

Nutrition Facts
6 servings per container
Serving size 1/6 of recipe (201g)

Amount per serving Calories 160
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 50mg 3%
Total Carbohydrate 38g 14%
Dietary Fiber 0g 0%
Total Sugars 27g
Includes 0g Added Sugars 0%
Protein 3g

Vitamin D 1mcg 6%
Calcium 59mg 4%
Iron 1mg 6%
Potassium 215mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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