



## November 23- Rise and Shine Cobbler

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/rise-and-shine-cobbler>

### Recipe

*Ingredients:*

- 1 cup peaches (canned, drained and sliced)
- 1 cup pear halves (canned, drained and sliced)
- 6 prunes (pitted, each cut in half)
- ¼ teaspoon vanilla extract
- 1 orange
- 1 cup granola, low-fat

*Directions:*

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze ¼ cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Yields 4 servings

### Nutrition Facts

Serving Size 1/4 recipe (190.78g)  
Servings Per Container 4

**Amount Per Serving**

**Calories** 240      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 1g      **6%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 20mg      **1%**

**Total Carbohydrate** 39g      **13%**

Dietary Fiber 5g      **21%**

Sugars 23g

**Protein** 6g      **11%**

Vitamin A 4%      •      Vitamin C 35%

Calcium 4%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.