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Apple Cobbler

Ingredients:

- ½ cup sugar
- 1 teaspoon cinnamon
- vegetable oil spray
- 4 cups apples, thinly sliced
- 2 cups Master Mix, reduced fat
- 1 egg, beaten
- ¾ cup 1% milk

Makes 12 servings - 13% calories from fat

Instructions:

1. In a small bowl combine sugar and cinnamon, set aside.
2. Prepare a 13x9x2 inch baking dish with vegetable oil spray. Place apples in dish, sprinkle with sugar and cinnamon.
3. In a medium bowl combine Master Mix, egg and milk in a bowl; mix well.
4. Spoon mixture over fruit. Bake in 400° F oven for 20-25 minutes.

Notes:

- Substitute fresh or canned fruit of your choice in place of the apples.
- Substitute Reduced Fat Bisquick or Jiffy Mix for Master Mix.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 250mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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