



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

Instructions

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

Notes:

- Substitute fresh or canned fruit of your choice in place of the apples.
- Bisquick or Jiffy Mix can be substituted 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	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

13% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

November 2010



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

