



## Apple Cobbler

### Ingredients

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

Makes 12 servings

### Instructions

1. Prepare a 13x9x2 inch baking dish with vegetable oil spray. Place apples in dish, sprinkle with the sugar and cinnamon.
2. Combine Master Mix, egg and milk in a bowl; mix well.
3. Spoon mixture over fruit. Bake for 20-25 minutes at 400° F or until topping is cooked through, and is slightly browned.

### Notes:

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

### Nutrition Facts

Serving Size 1 piece	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 2%
*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	

32% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

January 2010



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

