



## Fruit Cobbler Crunch

### Ingredients

2 (16-ounce) cans of peaches, plums, apricots, or a combination of these (canned in juice)

¾ cup low-fat granola

1 (8-ounce) carton of non-fat vanilla yogurt  
cinnamon

Makes 10 servings

### Instructions

1. Drain fruit and place in 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.

### Notes:

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

### Nutrition Facts

Serving Size ¾ cup  
Servings Per Container 10

Amount Per Serving

**Calories 110**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 50mg**      **2%**

**Total Carbohydrate 25g**      **8%**

Dietary Fiber 1g      **4%**

Sugars 16g

**Protein 2g**

Vitamin A 8%      • 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

4% calories from fat

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

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