

1-2-3 Peach Cobbler

Makes 8 Servings

Ingredients

1/2 tsp. ground cinnamon
1 tbsp. vanilla extract
2 tbsp. cornstarch
1 cup peach nectar
1/4 cup pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
2 cans (16 oz. each) sliced peaches, packed in juice, drained OR 1-3/4 lbs. fresh peaches, sliced
1 tbsp. tub margarine
1 cup dry pancake mix
2/3 cup all-purpose flour
1/2 cup sugar
2/3 cup evaporated skim milk, as needed
1/2 tsp. nutmeg
1 tbsp. brown sugar
Nonstick cooking spray

Directions

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5–10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray 8-inch square glass dish with cooking spray. Pour hot peach mixture into dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in evaporated milk. Quickly spoon this over peach mixture.
7. Combine nutmeg and brown sugar. Sprinkle on top of batter.
8. Bake at 400°F for 15–20 minutes or until golden brown.
9. Cool and cut into 8 pieces.

Nutrition Content Per Serving:

Calories: 271
Total Fat: 4 g
Saturated Fat: Less than 1 g
Cholesterol: Less than 1 mg
Sodium: 263 mg
Total Fiber: 2 g
Protein: 4 g
Carbohydrates: 54 g
Potassium: 284 mg

