

APPLE CRANBERRY COBBLER

INGREDIENTS

FILLING

4 cups apples*, peeled and sliced

1/2 cup frozen cranberries

1/4 cup granulated sugar

1 tablespoon all purpose flour

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/2 teaspoon vanilla

** If you prefer firmer apples, use a variety such as Granny Smith, Cortland or Empire.*

TOPPING

1/2 cup all purpose flour

1/4 cup brown sugar

1 teaspoon baking soda

1 tablespoon lemon juice

1/3 cup milk

MAPLE CREAM

1 cup Cool Whip®

1 tablespoon maple syrup



PREPARATION: 15 MINUTES

BAKING: 45 MINUTES

8 SERVINGS

Nutrient Analysis	
PER SERVING	
1/8 of recipe	
Renal exchange:	
1 Starch +1 Fruit	
If you are diabetic, one serving counts as 2 carb choices.	
Calories	154Kcal
Protein	2g
Carbohydrates	33g
Fibre	1.5g
Total Fat	2g
Saturated Fat	0g
Cholesterol	1mg
Sodium	178mg
Potassium	118mg
Phosphorus	36mg

PREPARATION

- 1** Preheat oven to 350° F (conventional oven).
- 2** In a large bowl, mix all ingredients for the filling together. Transfer to a non-stick 9" baking pan or to eight 4-ounce ramekins.
- 3** In a small bowl, sift together the dry ingredients. Combine the lemon juice and the milk and add to the dry ingredients. Drop spoonfuls of topping over the apple cranberry filling.
- 4** Bake for approximately 45 minutes or until fruit bubbles and topping turns golden brown. (Bake for 30 minutes if you use ramekins).
- 5** To make the cream, stir maple syrup into Cool Whip®. Add cream to each serving of cobbler.