

Rise and Shine Cobbler

Rating: ★★ ★

Cook time: 17 minutes

Makes: 4 servings

Ingredients

- 1 cup** peaches (canned, drained and sliced)
- 1 cup** pear halves (canned, drained and sliced)
- 6** prunes (pitted, each cut in half)
- 1/4 teaspoon** vanilla extract
- 1** orange
- 1 cup** granola, low-fat

Directions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	1.5 g	2%
Protein	4 g	
Carbohydrates	68 g	23%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	65 mg	3%