

Country Fruit Cobbler

Ingredients	10 Servings		40 Servings		Directions	
	Weight	Measure	Weight	Measure		
Cobbler Fruit Base: Peaches, sliced, unsweetened, fresh or frozen Blueberries, unsweetened, fresh or frozen Sugar, granulated Cinnamon, ground	1 lb 8 oz 5.25 oz 1.75 oz	1 qt 1 cup ¼ cup ¼ tsp	6 lb 1 lb 5 oz 7.25 oz	1 gal 1 qt 1 cup 1 tsp	1. Preheat conventional oven to 350° F. 2. Grease pan (use one 9 X 13 x 2” pan per 10 servings or two 12 X 20 x 2” steam table pans per 40 servings). Wash and prepare peaches and blueberries if using fresh, or thaw if using frozen. Place in large bowl. 3. In a separate bowl whisk together first amount of sugar and cinnamon. Stir sugar mixture into the fruit and pour into greased pan(s).	
Cobbler Crust: Flour, whole wheat Cornmeal, wholegrain* Flour, all-purpose enriched Sugar, granulated Baking powder Salt Milk, 1% Butter, unsalted Oil, vegetable	2.1 oz 1 oz 1 oz 3.5 oz 8 oz 1 oz 1 oz	½ cup ¼ cup ¼ cup ½ cup 2 tsp ¼ tsp 1 cup 2 Tbsp 2 Tbsp	8.5 oz 4.25 oz 4.25 oz 14.5 oz 1.5 oz 2 lb 4 oz 4 oz	2 cups 1 cup 1 cup 2 cups 2 Tbsp + 2tsp 1 tsp 1 qt 1 cup 1 cup		4. In a mixing bowl, whisk to blend the flours, cornmeal, sugar, baking powder, and salt. 5. Melt butter and combine with milk and vegetable oil. Stir liquids into flour mixture until just combined. Do not over mix. 6. Pour/spoon batter over fruit. 7. Bake in preheated oven for 50-55 minutes, or until fruit is bubbling and cobbler crust is golden brown. 8. Cut 9 x 13” pan into 10 pieces (2X5) or 12 x 20” pan into 20 pieces (4x5). Serve warm.
<i>Optional:</i> Half and Half, fat-free, chilled Vanilla Extract	4 oz	½ cup ½ tsp	1 lb	2 cups 2 tsp		

*If wholegrain cornmeal is not available, substitute whole wheat flour for the all-purpose flour and enriched, de-germinated cornmeal for the wholegrain cornmeal. Either yellow or white cornmeal is delicious.

Country Fruit Cobbler, cont.

Serving Size – 1 piece (5 oz/142 grams)

Credits as 0.5 oz eq Grains + ½ cup Fruit in the School Nutrition Programs

Provides 9 grams whole grain per serving

Without Drizzle

Nutrition Facts	
Serving Size (142g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
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	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 3g	
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Vitamin A 8%	• Vitamin C 10%
Calcium 6%	• Iron 4%
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*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

With Drizzle

Nutrition Facts	
Serving Size (153g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
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	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 3g	
<hr/>	
Vitamin A 8%	• Vitamin C 10%
Calcium 8%	• Iron 4%
<hr/>	
*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
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:
 Peaches, milk (1%), granulated sugar, blueberries, *half and half (fat-free)*, whole wheat flour, wholegrain cornmeal, enriched all-purpose flour, butter, vegetable oil, baking powder, *vanilla*, salt, cinnamon

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: *Baking with Friends* by Sharon Davis and Charlene Patton, www.HomeBaking.org

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

