

Peach and Pear Cobbler

Ingredients:

8 ounces canned peaches
 8 ounces canned pears
 6 prunes, pitted
 1 orange
 1/4 teaspoon vanilla extract
 1 cup granola

Equipment:

Microwave safe mixing bowl
 Cutting board
 Knife
 Box grater or zester
 Measuring cups
 Measuring spoons

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 15 minutes

Directions

1. Open peaches and pears and drain juice, cut into small pieces, add to microwave safe bowl.
2. Cut prunes into small pieces, add to bowl.
3. Use a hand held zester, or the side of a box grater, to remove the top orange layer of an orange. Collect the small flakes and add to bowl. Then, slice the orange in half and squeeze juice into bowl.
4. Remove any seeds.
5. Add vanilla extract and stir.
6. Top with granola
7. Microwave on high for 5 minutes, let stand for 2 minutes
8. Spoon into 4 bowls and serve warm.

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Nutrition Facts

Serving Size: 3/4 cup

Servings: 4

Amount Per Serving

Calories 253

Calories from Fat 72

%Daily Value*

Total Fat 8g 13%

Saturated Fat 1g 7%

Cholesterol 0mg 0%

Sodium 8mg 0%

Total Carbohydrate 44g 15%

Dietary Fiber 6g 25%

Protein 5g 9%

Vitamin A 10% Vitamin C 34%

Iron 10% Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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