



Fruit Cobbler Crunch

Ingredients:

- 2 16-ounce cans of peaches, plums, apricots, or a combination of these (canned in 100% fruit juice)
- ¾ cup low-fat granola
- 1 8-ounce carton of non-fat vanilla yogurt
 cinnamon

Directions:

1. Drain fruit and place in large bowl.
2. Place granola in small bowl.
3. To serve, top a spoonful of fruit with a spoonful of yogurt, a small spoonful of granola, and a sprinkling of cinnamon.

Variations:

- Substitute 12 pieces of chopped fresh fruit for canned fruit.
- Substitute crumbled graham crackers or vanilla wafers for low-fat granola.

Yields about 8-10 servings

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

Nutrition Facts			
Serving Size 4 oz.			
Servings Per Recipe 10			
Amount Per Serving			
Calories	140	Calories from Fat	20
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	27g		9%
Dietary Fiber	3g		12%
Sugars	22g		
Protein	3g		
Vitamin A	15%	Vitamin C	4%
Calcium	6%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	2000	2500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
14% calories from fat			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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