



## Mixed Berry Cobbler

### INGREDIENTS

#### BERRIES:

- 1/4 cup brown sugar
- 1 1/2 tablespoons cornstarch
- 4 cups (about 1 1/4 pounds) frozen mixed berries, thawed

#### CRUST:

- 3/4 cup stone-ground cornmeal
- 2 tablespoons whole wheat pastry flour
- 1 1/2 tablespoons brown sugar
- 1 1/2 teaspoons baking powder
- salt
- 2 1/2 tablespoons cold better butter or trans-fat free spread, cut into chunks
- 1/3 cup fat-free milk

### DIRECTIONS & NOTES

1. Preheat the oven to 350°F. Coat an 8" x 8" baking dish with vegetable oil spray. Set aside.
2. To prepare the berries: In a mixing bowl, combine the sugar and the cornstarch. Stir to mix. Add the berries. Toss to combine. Transfer to the baking dish. Wipe the bowl clean with a paper towel.
3. To prepare the crust: In the bowl, combine the cornmeal, flour, sugar, baking powder, and salt. Stir with a fork or pastry blender. Add the Better Butter or spread. Cut into the dry ingredients until the pieces are the size of peas. Add the milk and stir quickly just to moisten. Dollop over the berries, leaving some bare patches.
4. Bake for about 40 minutes, or until the topping is golden and the fruit is bubbling. Let stand for 10 minutes before serving.

Prep:

10 min

Cook:

40 min

Servings:

6

### Nutrition Report Card

