

Simple Citrus Blueberry Cobbler



Simple Citrus Blueberry Cobbler Yield: 12 servings

Prep Time: 10 minutes.
Total Time: 30 minutes.

Ingredients

- Nonstick cooking spray
- 2 cups blueberries, fresh
- 4 tsp grated orange peel (zest)
- 4 tbsp sugar
- 4 tbsp canola oil
- 2 eggs or egg substitute equivalent
- ½ cup all purpose flour
- ½ cup whole wheat flour
- 1 ½ tsp low sodium baking powder
- ¼ tsp salt
- ½ cup non fat evaporated milk

Preparations

1. Preheat oven to 350°F. Spray a round baking pan with non stick spray. Spread the blueberries in the bottom of the pan and mix in 2 teaspoons of orange zest.
2. Mix the sugar and oil in a bowl and then add the eggs, whisking until the mixture is smooth and thick.
3. Sift the flour, baking powder, and salt together. Add the dry mix with the egg mixture.
4. Form a hole in the middle of mixture and add the evaporated milk. Stir until the ingredients are just mixed well. Add 2 teaspoons of orange zest and stir. Do not over-stir the mixture though.
5. Pour the mixture evenly over the blueberries and bake 20 minutes or until the cobbler top is golden brown and cooked through.

Nutrition Facts

Serving size: 1/12 of cobbler

Amount Per Serving

Calories 129

Total Fat 6g

Cholesterol 314mg

Sodium 74mg

Total Carbohydrate 16.5g

Dietary Fiber 1g

Protein 3g

Carbohydrate Serving 1



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