



1-2-3 Peach Cobbler

Serving size: 1 square

Yield: 8 servings

Ingredients:

- ½ teaspoon cinnamon, ground
- 1 tablespoon vanilla extract
- 2 tablespoons cornstarch
- 1 cup peach nectar
- ¼ cup pineapple juice or peach juice
- 2 cans (16-oz) peaches, sliced, packed in juice, and drained (or 1¾ pounds), fresh
- 1 tablespoon soft (tub) margarine
- 1 cup pancake mix, dry
- ⅔ cup all-purpose flour
- ½ cup sugar
- ⅔ cup evaporated milk, fat-free
- non-stick cooking oil spray (for baking dish)



Topping:

- ½ tablespoon nutmeg
- 1 tablespoon brown sugar

Directions:

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5-10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray an 8-inch-square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.





7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400° F for 15-20 minutes or until golden brown.
10. Cool and cut into eight squares.

Nutrition Facts: Calories: 271; Total fat: 4 g; Saturated fat: less than 1 g; Cholesterol: less than 1 mg; Sodium: 263 mg; Fiber: 2 g; Protein: 4 g; Carbohydrate: 54 g; Potassium: 284 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention

