

Washington Hospital's Sinless Fruit Cobbler

Filling:

6 cups drained canned peaches or apples
1/3 cup sugar
2 tablespoons cornstarch

Topping:

1 cup all-purpose flour
1/3 cup whole wheat flour
2 tablespoons sugar
3/4 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon baking soda
5 Tablespoons chilled butter, cut into small pieces
1 cup fat-free sour cream
3 tablespoons 2% reduced-fat milk
1 teaspoon sugar

Preheat oven to 350 degrees

To prepare filling, combine first 4 ingredients in an 11 x 7 inch baking dish.

To prepare topping, lightly spoon flour into dry measuring cups, level with a knife. Combine flour and next four ingredients in a large bowl, stirring with a whisk. Cut butter with a pastry blender until mixture resembles coarse meal. Stir in sour cream to form soft dough.

Drop dough by spoonfuls onto fruit filling to form dumplings. Brush with milk and sprinkle with sugar.

Bake at 350 degrees for 50 minutes or until filling is bubbly and dumplings are lightly browned.

Yield: 18 servings, cut pan 3 x 6

Nutrition Facts: 134 calories, 2 grams protein, 4 grams fat, 2 grams saturated fat, 25 grams carbohydrate (~1½ Carb choices), 71 mg sodium.