

# Mixed Berry Cobbler

## Ingredients:

- 2 cups each fresh or frozen (thawed) blueberries, raspberries and blackberries
- ¼ cup fresh lemon juice
- ¼ cup sugar
- 1 Tbsp. orange peel (optional)
- 2 Tbsp. cornstarch
- 1 cup old fashioned rolled oats
- ½ cup whole wheat flour
- ¼ cup firmly packed dark brown sugar
- 1 tsp. cinnamon
- 1/8 tsp. salt
- 2 Tbsp. grapeseed or canola oil
- 2-3 Tbsp. frozen orange juice concentrate



Servings: 9



\*SOY FREE

## Instructions:

1. Preheat oven to 350° F.
2. Place thawed berries in an 8-inch square baking dish.
3. Drizzle the lemon juice over berries.
4. Mix the cornstarch with the sugar (and orange peel) and sprinkle over the fruit; toss lightly to mix and set aside.
5. Combine oats, flour, brown sugar, cinnamon and salt in a small bowl.
6. Combine the oil and orange juice and drizzle over the oats; mix thoroughly. Sprinkle evenly over fruit.
7. Bake for 35 to 40 minutes, or until fruit is bubbly and tender and topping is lightly browned.
8. Let cool for at least 10 minutes before serving.  
Makes 9 servings.

## Nutrition Facts

9 servings per container  
Serving size 1/2 cup (138g)

Amount per serving

**Calories 200**

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 35mg 2%

**Total Carbohydrate** 38g 14%

Dietary Fiber 6g 21%

Total Sugars 19g

Includes 11g Added Sugars 22%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 221mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.