

Strawberry-Blueberry Cobbler

"Fruit cobbler is an easy and flexible dish. You can substitute just about any fruit or use a favorite combination. Serve alone or with fat-free vanilla frozen yogurt or fat-free half-and-half".

8 servings

INGREDIENTS:

- Cooking spray
- 4 cups strawberries, sliced in half, or 1 (16 ounce) frozen bag
- 1 cup blueberries, fresh or frozen
- 1/3 cup Splenda
- 1/3 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon ground nutmeg
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon orange peel, dried

INGREDIENTS FOR THE TOPPING:

- 1 1/2 cups reduced-fat Bisquick mix
- 1/2 cup plus 2 tablespoons nonfat milk
- 2 tablespoons Splenda
- 1/8 teaspoon ground nutmeg

DIRECTIONS:

- Preheat oven to 350 degrees. Spray a 2-quart baking dish with cooking spray and set aside.
- In a large bowl, gently toss berries with Splenda, sugar, cornstarch, nutmeg, lemon juice, and orange peel. Pour into baking dish.
- In a medium bowl, blend topping ingredients until well combined. Dollop mixture over berries. (It will not completely cover them.)
- Bake for 30-40 minutes or until topping is golden brown and filling is bubbly.

The Food and Mood Cookbook by Elizabeth Somer: page 252