

Rise and Shine Breakfast Cobbler

Serving Size: $\frac{3}{4}$ cup

Yield: 4 servings






Ingredients:

- 1 cup juice-packed canned sliced peaches, drained
- 1 cup juice-packed canned sliced pear halves, drained
- 6 pitted prunes, cut in half (or other dried fruit)
- $\frac{1}{4}$ teaspoon vanilla extract
- 1 orange, zested and juiced
- 1 cup granola, low-fat

Preparation:

1. In a large microwave-safe bowl, mix peaches, pears, prunes, vanilla extract, orange zest, $\frac{1}{4}$ cup orange juice; stir.
2. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	$\frac{1}{2}$ oz
	Vegetables	--
	Fruits	1 c
	Dairy	--
	Protein	--

Nutrient Totals	
<u>Per Serving:</u>	
Calories	280
Total Fat	1 g
Saturated Fat	0 g
Sodium	60 mg
Protein	3 g