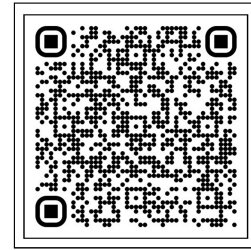




Cornell University
 Cooperative Extension
 New York City



Fruit Cobbler Crunch

Ingredients:

- 2 16-ounce cans of peaches, plums, apricots, or a combination of these (canned in 100% fruit juice)
- 3/4 cup low-fat granola
- 1 8-ounce carton of non-fat vanilla yogurt
- Dash of cinnamon powder

Directions:

1. Drain fruit and place in large bowl.
2. Place granola in small bowl.
3. To serve, top a spoonful of fruit with a spoonful of yogurt, a small spoonful of granola, and a sprinkling of cinnamon.

Variations:

- Substitute 12 pieces of chopped fresh fruit for canned fruit.
- Substitute crumbled graham crackers or vanilla wafers for low-fat granola.

Yields about 8-10 servings, 1/2 cup each

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

Nutrition Facts

servings per container
Serving size 1/2 cup (121g)

Amount per serving
Calories **90**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 22g 8%

Dietary Fiber 1g 4%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 144mg 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.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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