

Dessert

Magic Mixed Berry Cobbler

Relish Magazine

Servings: 8

Can be made in six individual servings or one large dish.

2 cups fresh or frozen berries

1 cup sugar or sugar substitute, divided

4 tablespoons butter, melted

1/2 cup self-rising flour

1/3 cup 2% reduced-fat milk

Preheat oven to 350 degrees.

Combine berries, 1/2 cup sugar and water in a medium saucepan. Cook over medium heat until sugar dissolves and berries release their juices. Remove from heat.

Pour melted butter into 8 (6-ounce) ramekins or a 2-quart baking dish.

Combine remaining sugar, flour and salt in a medium bowl. Stir in milk until well combined. Do not overbeat. Pour over butter. Do not stir. Spoon berries and juice over batter. Do not stir.

Bake 15 to 20 minutes for ramekins or 35 minutes for baking dish, until crust rises to the top and browns.

Per Serving (excluding unknown items): 78 Calories; 6g Fat (66.4% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 158mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fat.