

Slow Cooker Blueberry Cobbler

*Paula Macri - Gattuso's Bella Cucina
Scripps' Treasure Coast Newspapers*

*1 cup flour
1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon cinnamon
1 large egg
1/4 cup milk
2 tablespoons extra-virgin olive oil
4 cups blueberries (fresh or frozen)
1 cup sugar
1/4 cup flour
1/8 teaspoon sea salt*

In a medium bowl, mix the flour, sugar, baking powder and cinnamon with a fork and stir well.

In a small bowl, whisk the egg and add the milk and the olive oil.

Pour the dry ingredients into the wet ingredients. The batter will be thick.

Spray the bottom of the crock pot with cooking spray and spread the batter along the bottom of the crock pot.

In a medium bowl, mix the sugar, flour and sea salt. Place the blueberries in the sugar mixture and toss well to coat. Pour the blueberry mixture over the top of the batter in the crock pot.

Cover and cook on HIGH for 2-1/2 hours or until the batter is cooked through. When it is finished cooking, turn off the crock pot and uncover.

Let stand for at least 10 minutes allowing the berry juice to thicken before serving.

Per Serving (excluding unknown items): 1892 Calories; 36g Fat (16.7% calories from fat); 24g Protein; 374g Carbohydrate; 5g Dietary Fiber; 220mg Cholesterol; 819mg Sodium. Exchanges: 8 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 6 Fat; 17 Other Carbohydrates.

Desserts, Slow Cooker

Per Serving Nutritional Analysis

% Calories from Fat:	16.7%
% Calories from Carbohydrates:	78.2%
% Calories from Protein:	5.1%
Total Fat (g):	36g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	220mg
Carbohydrate (g):	374g
Dietary Fiber (g):	5g
Protein (g):	24g
Sodium (mg):	819mg
Potassium (mg):	338mg
Calcium (mg):	409mg
Iron (mg):	9mg
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	324IU
Vitamin A (r.e.):	93 1/2RE

Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	68mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	8
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	17

Nutrition Facts

Amount Per Serving

Calories 1892	Calories from Fat: 316
----------------------	------------------------

% Daily Values*

Total Fat 36g	55%
Saturated Fat 7g	34%
Cholesterol 220mg	73%
Sodium 819mg	34%
Total Carbohydrates 374g	125%
Dietary Fiber 5g	21%
Protein 24g	
<hr/>	
Vitamin A	6%
Vitamin C	1%
Calcium	41%
Iron	52%

* Percent Daily Values are based on a 2000 calorie diet.