

Apple Cobblers

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*1 cup flour
2 tablespoons sugar
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup butter
1/4 cup milk
1 egg, slightly beaten
1 cup sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
6 cups sliced apples*

In a bowl, combine the flour, sugar, baking powder and salt. Cut in 1/4 cup of butter until the mixture resembles coarse crumbs.

In a bowl, combine 1/4 cup of milk and the slightly beaten egg. Add all at once to the flour mixture, stirring, just to moisten. Set aside.

In a saucepan, combine one cup of sugar, two tablespoons of flour, 1/2 teaspoon of cinnamon and 1/4 teaspoon of nutmeg. Toss with the sliced apples. Cook and stir over medium heat until almost tender, about 7 minutes.

Pour the filling into a 8-1/4 x 1-3/4 inch round baking dish. Immediately spoon the reserved biscuit mix into six mounds on top of the filling.

Bake at 400 degrees for 20 to 25 minutes.

Serve warm with cream or ice cream.

Per Serving (excluding unknown items): 383 Calories; 9g Fat (calories from fat); 4g Protein; Carbohydrate; 4g Dietary Fiber; 57mg Cholesterol; 306mg Sodium Exchanges: 1 Grain(Starch); Lean Meat; 1 Fruit; 0 Non-Fat; 1 1/2 Fat; 2 1/2 Other Carbohydrates.