

## Peach Cobbler : 6-8 servings

4 cups of peaches  
1 cup of Bisquick  
1 cup of sugar  
1 egg  
½ cup of non-fat or low fat margarine or butter

Recipe: 1306 Calories, 7 Pro, 114 Cho, 103 Fat, 1109 Na  
Serving: 1/8 163 Calories, 1 Pro, 14 Cho, 13 Fat, 139 Na



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Peach cobbler is not traditionally thought of as a healthy food. By using real peaches and reduced or non-fat butter you eliminate a lot of the unnecessary Calories.

Begin by preheating the oven to 375 degrees and cutting up 4 cups of peaches. To soften the peaches, place them into a sauté pan with half a cup of water and bring to a boil. It takes about 5 minutes, just until the peaches are soft and juicy.

Mix together 1 cup of Bisquick (or your choice of self-rising flour), 1 cup of sugar, 1 egg, and ½ cup of non-fat or low fat butter or margarine. Mix well.

Place the peaches into a 8x8 baking dish. Cover with the dough mix as thoroughly as possible.

Place in the oven and bake for 30 minutes until golden brown. Serve it hot, topped with a little ice cream. Tastes great!