

Low-Fat Blackberry Cobbler Recipe

½ cup white sugar

½ cup flour

1 teaspoon baking powder

¼ teaspoon salt

½ cup skim milk

1 Tablespoon melted light margarine

2 cups of blackberries tossed with 1 teaspoon sugar

Directions:

1. Combine all of the ingredients except the fruit in a bowl.
2. Pour it into an 8x8 pan coated with cooking spray.
3. Add the fruit mixture right on top.
4. The crust will come up over the fruit and cover it.
5. Bake in a 350 degree oven for 40 minutes.

Serves 4

Nutrient Analysis, per serving: 167 calories, 39g. carbohydrate, 3g. protein, 255mg. sodium