

# Rise and Shine Cobbler

**Yield** 4 servings  
**Cooking time** 17 minutes  
**Total time** 17 minutes

## Ingredients

1 cup	peaches (canned, drained and sliced)
1 cup	pear halves (canned, drained and sliced)
6	prunes (pitted, each cut in half)
1/4 teaspoon	vanilla extract
1	orange
1 cup	granola, low-fat

## Instructions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

## Cost

Per recipe: \$2.66  
Per serving: \$0.67

## Source

California Department of Health Services, Kids...Get Cooking!  
California Children's 5-a-Day Power Play Campaign

## Nutrition Facts

Serving Size 1/4 of recipe (201g)  
Servings Per Container 4

Amount Per Serving

**Calories 290**    **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 65mg**    **3%**

**Total Carbohydrate 68g**    **23%**

Dietary Fiber 6g    **24%**

Sugars 39g

**Protein 4g**

Vitamin A 25%    •    Vitamin C 35%

Calcium 2%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4