

Rise and Shine Cobbler



Makes: 4 servings

Total Cost: \$\$\$\$

This cobbler can be made quickly in the microwave. Enjoy this tasty treat for breakfast or as a sweet dessert.

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

Directions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.

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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.

Notes

Learn more about:

- [Peaches](#)
- [Pears](#)
- [Oranges](#)

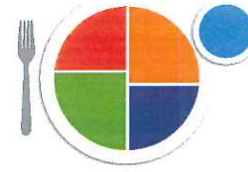
Source: California Department of Health Services, Kids...Get Cooking!
California Children's 5-a-Day Power Play Campaign

Feedback

Nutrition Information

Serving Size: 1/4 of recipe (201g)

MyPlate Food Groups



Nutrients	Amount
Total Calories	215
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	65 mg
Carbohydrates	51 g
Dietary Fiber	5 g
Total Sugars	29 g
Added Sugars included	7 g
Protein	3 g
Vitamin D	1 mcg
Calcium	39 mg
Iron	2 mg
Potassium	371 mg



3/4 cups
1/2 ounces

N/A - data is not available