

## COBBLER RECIPE

- 1 can (1 lb. 5 oz.) apple, cherry, peach or blueberry pie filling
- 1/2 t. vanilla or almond extract
- 1/2 c. flour
- 1/2 c. oat bran, All Bran, wheat germ, or whole wheat flour (extra fiber ingredient)
- 1 T. sugar
- 1 1/2 t. baking powder
- 1/2 t. salt
- 3 T. shortening
- 1/2 c. milk
- 2 T. toasted slivered blanched almonds (optional)

Pre-heat oven to 400°F.

- Combine pie filling and almond extract in ungreased 1 and 1/2 quart casserole.
- Measure flour, extra fiber ingredient, sugar, baking powder, and salt into bowl.
- Add shortening. Cut through 6 times.
- Add milk.
- Stir in almonds; mix until dough forms a ball.
- Drop by 6 spoonfuls onto pie filling.
- Bake 30 minutes or until topping is golden brown.

Cooking Option: Use a microwave safe baking dish. Cook in microwave on HIGH for 10 minutes, rotating after 5 minutes. Place in a 425°F oven for 5 minutes to brown.

**VARIATION:** Have each group of students use a different kind of extra fiber ingredient and a different kind of pie filling. Compare.