



## Blueberry Cobbler

### Filling:

3 cups Fresh or frozen blueberries  
2 Tbsp Sugar  
1 Tbsp Cornstarch  
1 tsp Lemon rind

### Topping:

3/4 cups All-purpose flour (or 1/2 cup whole wheat and 1/4 cup white flour)  
1 Tbsp Sugar  
1/2 tsp Baking powder  
1/4 tsp Salt  
1/4 tsp Baking soda  
3 Tbsp Chilled trans-fat free margarine (such as Smart Balance or Promise Buttery Spread), cut into small pieces  
1/2 cup Non fat vanilla or plain yogurt or (fat free sour cream)

- Preheat oven to 350 degrees.
- Prepare filling: combine first 4 ingredients in a 8-9 inch baking dish.
- Prepare topping: Combine flour, sugar, baking powder, salt and soda in a large bowl. Add margarine pieces; mix with a couple of forks until mixture resembles coarse meal.
- Stir in yogurt (or sour cream) to form a soft dough.
- Drop dough by spoonfuls on blueberry filling to form 6 dumplings.
- Bake for 30 minutes or until filling is bubbly and dumplings are lightly browned (may take a bit longer if using frozen berries)

Makes: 6 servings

### Nutritional Information:

Calories: 186	Total Fat: 5.25g
Saturated Fat: 1g	Cholesterol: 1.8g
Carbohydrates: 33g	Fiber: 2.2g