

Featured Ingredient...



APPLE COBBLER - SINGLE SERVE

INGREDIENTS

Filling

- 1/2 medium gala apple thinly sliced *parents should cut apple for safety purposes*
- 1/2 Tbsp brown sugar
- 1/2 tsp. honey
- 1/2 Tbsp all purpose flour or gluten free flour
- 1 tsp cinnamon
- 1/2 tsp nutmeg

Topping

- 3 Tbsp all purpose flour or gluten free flour
- 1/4 tsp baking powder
- 3/4 Tbsp brown sugar
- 3/4 Tbsp cold butter, cut in small pieces
- 1 Tbsp milk of choice
- 1/8 tsp vanilla extract

NUTRITIONAL FACTS*

Servings: 1

Calories: 308

Protein: 4 grams

Carbohydrates: 54 grams

Fat: 10 grams

DIRECTIONS

1. Mix filling ingredients together and microwave in a large mug/small bowl for 45 seconds. Stir and microwave for another 45 seconds or until the apples are soft. Stir once more and set aside.
2. In a separate bowl, mix together the dry ingredients for the topping (the first 3 ingredients). Next, using a fork blend in the butter into the flour mixture. You may use your hands if you feel like getting messy. Once the butter is blended well, add milk and vanilla and continue mixing until a soft dough is formed.
3. Now, add the topping over the apples in an even layer. Microwave for 60 seconds or until the topping no longer looks doughy.
4. Enjoy!

CALORIE CONSIDERATIONS

- To INCREASE calories: add a dollop of ice cream or swap heavy whipping cream for milk.
- To DECREASE calories: Cut serving in half - appropriate for children 5 and younger.

TO MAKE THIS GLUTEN FREE

Use gluten-free flour.