



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Berry Cobbler*

3 cups berries
½ cup sugar
1 egg, well beaten
1 ½ cup MASTER MIX
¼ cup sugar
2 tablespoons canola oil
½ cup water

1. Preheat oven to 400° F.
2. Combine berries, sugar and egg in a greased baking dish or 8x8 inch pan
3. Combine MASTER MIX, sugar, oil and water in a mixing bowl.
4. Spread over the top of the berries.
5. Bake for 30 minutes. Serves 9.

Nutrition Facts

Serving Size: 1 piece (108g)

Servings: 9

Amount Per Serving

Calories 220 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 135mg **6%**

Total Carbohydrate 36g **12%**

Dietary Fiber 3g **11%**

Sugars 21g

Protein 4g

Vitamin A 0% ■ Vitamin C 25%

Calcium 8% ■ Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

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