

RECIPE

Microwave Breakfast Cobbler

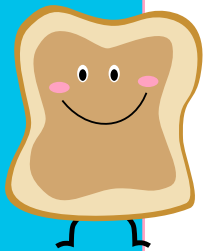
Start to Finish: 15 minutes Servings: 6

Ingredients:

- 1 can peaches (16 ounces), sliced and drained
- 1 can pears (16 ounces), halved and drained
- 1 cup prunes, pitted and halved
- 1 teaspoon orange peel, grated
- 1 1/2 cup granola cereal, low-fat
- 1/3 cup orange juice

Directions:

1. In a 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel and orange juice.
2. Top with granola.
3. Microwave on high for 5 minutes. Let stand 2 minutes.
4. Spoon into bowls.
5. Serve with plain yogurt if desired.



Nutrition Information Per Serving:

260 Calories; 2 g Total Fat; 1 g Saturated Fat; 0 mg Cholesterol; 5 g Fiber; 40 mg Sodium; 59 g Carbohydrates; 28 g Sugar; 3 g Protein