

## Rise and shine cobbler



Recipe credit

California Department of Health Services, Kids...Get Cooking! California Children's 5-a-Day Power Play Campaign

### **About this recipe**

Serves

4

Serving size

1/4 of the recipe (201g)

### **Ingredients**

- 1 cup peaches (canned, drained and sliced)
- 1 cup pear halves (canned, drained and sliced)
- 6 prunes (pitted, each cut in half)
- 1/4 teaspoon vanilla extract
- 1 orange
- 1 cup granola, low-fat

## Directions

- In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
- Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
- Top with granola.
- Microwave on high for 5 minutes. Let stand for 2 minutes.
- Spoon into 4 bowls and serve warm.

## Nutritional info

Calories

215

Total fat

2 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

65 mg

Total carbohydrates

51 g

Dietary fiber

5 g

Protein

3 g

Total sugar

29 g

Allergens

Tree nuts

Wheat

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