

Blackberry-Rhubarb Cobbler

Doug Kosch - Traverse City, MI
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Servings: 8

4 cups blackberries
4 cups sliced rhubarb, one-inch pieces
2 tablespoons quick-cooking tapioca
1 tablespoon lemon juice
1 tablespoon lemon zest
3/4 cup granulated sugar
1 cup old-fashioned oats
1/4 cup all-purpose flour
1/2 cup light brown sugar
5 tablespoons cold butter, cut into small pieces

Preparation Time: 15 minutes

Bake: 1 hour

Preheat the oven to 350 degrees.

In a bowl, combine the blackberries, rhubarb, tapioca, lemon juice, lemon zest and granulated sugar.

In a separate bowl, combine the oats, flour and brown sugar. Crumble in the cold butter. Mix with your hands until it resembles coarse crumbs.

Pour the fruit mixture into a two-quart baking dish. Top with the oat mixture.

Bake for one hour or until the topping is browned.

Let stand for 10 minutes before serving.

Per Serving (excluding unknown items): 223 Calories; 8g Fat (29.2% calories from fat); 1g Protein; 40g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 77mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	223	Vitamin B6 (mg):	trace
% Calories from Fat:	29.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	69.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 8g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 19mg
Carbohydrate (g): 40g
Dietary Fiber (g): 4g
Protein (g): 1g
Sodium (mg): 77mg
Potassium (mg): 183mg
Calcium (mg): 35mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 17mg
Vitamin A (i.u.): 390IU
Vitamin A (r.e.): 78 1/2RE

Folacin (mcg): 31mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 223 Calories from Fat: 65

% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	23%
Cholesterol	19mg	6%
Sodium	77mg	3%
Total Carbohydrates	40g	13%
Dietary Fiber	4g	16%
Protein	1g	
Vitamin A		8%
Vitamin C		28%
Calcium		3%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.