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# Blueberry Cobbler

Vinni Schek - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 8

Preparation Time: 15 minutes

Cook Time: 45 minutes

**1 cup sugar**

**1 cup self-rising flour**

**1 teaspoon baking powder**

**1/2 teaspoon salt**

**1/2 teaspoon cinnamon**

**1 cup milk**

**4 cups fresh blueberries (or two twelve ounce packages of no-sugar-added frozen blueberries)**

**1 stick (4 ounce) butter or margarine**

Preheat the oven to 350 degrees.

Place the sugar in a mixing bowl. In a flour sifter, combine the flour, baking powder, salt and cinnamon. Sift into the sugar, then mix lightly with a fork. Add a small quantity of milk to the flour mixture. Stir with a fork. Continue adding milk in small quantities until thoroughly combined. You should have a batter consistency somewhere between thick cream and sour cream. Set the batter aside.

Pick over and wash the fresh blueberries. (If using frozen berries, drain in a sieve, reserving the juice. Add about 3/4 cup of the juice back to the berries.) Mix and set aside.

Place the butter in an ovenproof glass ceramic bowl or souffle' dish,. Place the bowl in the oven and leave it there until the butter is melted and starts to brown. Immediately add the blueberries to the butter, mixing briefly. Top the blueberries with the batter and return to the oven.

Bake for 35 to 45 minutes or until the top is firm and nicely browned. Let cool slightly and serve.

## Dessert

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*Per Serving (excluding unknown items): 273 Calories; 13g Fat (41.1% calories from fat); 3g Protein; 38g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 525mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.*