

Holiday Recipes for Managing Diabetes

Apple Cinnamon Cobbler

NUMBER OF SERVINGS:

6

SERVING SIZE:

1 2-in biscuit with 1/2 cup fruit filling

OVERVIEW:

This slim version of the traditional cobbler will warm your holidays

INGREDIENTS:

- 4 med. baking apples, peeled and sliced thin

- 1 cup water

- 2 tsp cinnamon

- 2 Tbsp cornstarch or arrowroot powder

- 0.25 cup sugar

- 1 cup whole-wheat pastry flour

- 1 tsp baking powder

- 0.25 cup canola oil

- 1 Tbsp honey

- 0.5 cup buttermilk, low-fat

INSTRUCTIONS:

1. Preheat the oven to 375 degrees F. In a large saucepan over medium heat, combine the apples, water, cinnamon, cornstarch or arrowroot powder, and sugar. Cook until the apples are soft and the mixture is thickened, about 10 minutes.



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NUTRITION:

Total Calories:	258
Calories from Fat:	92
Total Fat:	10 g
Saturated Fat:	1 g
Cholesterol:	1 mg
Sodium:	83 mg
Total Carbohydrates:	41 g
Dietary Fiber:	4 g
Sugars:	23 g

INSTRUCTIONS (Continued):

2. Meanwhile, combine the whole-wheat pastry flour and baking powder. Add in the oil, honey and buttermilk. Stir until biscuits are moist. Add additional milk if necessary. Pour the apple mixture into a casserole dish. Drop the biscuit dough by tablespoonsfuls on top of the apples. Place in the oven and bake for 20 minutes until biscuits are golden brown. Serve warm.

