

Blackberry Cobbler

Ingredients:

Filling:

3 cups blackberries
 2 1/2 tablespoons sugar
 1/4 cup orange juice
 1 tablespoon cornstarch
 1/4 teaspoon cinnamon

Topping:

3 tablespoons butter, melted
 1/4 teaspoon vanilla extract
 1/4 cup brown sugar
 1/3 cup all-purpose flour
 2/3 cup rolled oats
 1/4 teaspoon cinnamon

Other:

6 small mason jars (8 ounces)

Directions:

1. Preheat the oven to 375°F.
2. Mix all filling ingredients in a bowl. Separate the berries into each jar and place on parchment lined baking sheet.
3. In a smaller bowl, mix all ingredients for the topping until moist. Sprinkle over fruit in each jar.
4. Bake 30-35 minutes or until bubbly.
5. Remove from oven and serve warm.

Nutrition Facts

Serving Size 1 (117g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 14g	
Protein 3g	
Vitamin A 6%	• Vitamin C 30%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Sources: Rebecca Gough, Laurens Latest

