

# Apple-Berry Cobbler



## Filling:

- 1 cup fresh raspberries
- 1 cup fresh blackberries or blueberries
- 2 cups chopped apples
- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 1 1/2 tablespoons cornstarch

## Topping:

- Egg white from 1 large egg
- 1/4 cup soy milk
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1 1/2 tablespoons brown sugar
- 3/4 cup whole-wheat pastry flour

1. Preheat the oven to 350 F. Lightly coat six individual oven-proof ramekins or soufflé dishes with cooking spray.
2. In a medium bowl, mix the raspberries, blackberries, apples, sugar, cinnamon, lemon zest and lemon juice. Stir to mix evenly. Add the cornstarch and stir until the cornstarch dissolves. Set aside.
3. In a separate bowl, whisk egg white until lightly beaten. Add the soy milk, salt, vanilla, sugar and pastry flour. Mix well to form a batter.
4. Divide the berry mixture evenly among the prepared dishes. Pour the topping over each. Set soufflé dishes on a cookie sheet; place in oven.
5. Bake until the topping is golden brown, about 30 minutes. Serve warm. Makes six servings.

## Nutrition Facts

Serving Size: 1/6 recipe

Calories	150
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	115mg
Carbohydrates	33g
Dietary Fiber	6g
Protein	3g

## Diabetic Exchanges

Protein	.5
Fat	0
Carbohydrates	2

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