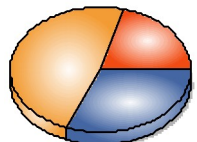




## Pear Rasperry Cobbler

Recipe grams: 1911.07g/67.4oz

Serves 12 159.26g/5.6oz per serving



Protein: 10%  
Carbohydrates: 67%  
Fat: 22%

### INGREDIENTS

1/2 cup NON-ALCOHOLIC WINE  
1/8 cup BROWN SUGAR BLEND, SPLENDA, Splenda and brown sugar  
12 oz RASPBERRIES, FROZEN, BAG, Organic  
2 tbsp CORNSTARCH  
1/4 cup NON-ALCOHOLIC WINE  
1 tbsp SUGAR, GRANULATED  
3 pear PEAR, RAW, medium - 2.5 pears/lb  
2 cup WHEAT FLOUR, WHITE WHOLE, 100% hard white wheat  
2 1/2 tsp BAKING POWDER  
1/4 tsp SALT, TABLE  
1/4 cup BROWN SUGAR BLEND, SPLENDA, Splenda and brown sugar  
1/2 cup OATS, ROLLED, OLD FASHIONED (OATMEAL), dry, 100% natural  
2 oz ALMONDS, SLIVERED  
2 tsp CINNAMON, GROUND  
2 tbsp CANOLA OIL, REFINED  
1 3/4 cup MILK, COW'S, NONFAT

### DIRECTIONS

In a small saucepan, combine wine and brown sugar and heat gently until sugar dissolves. Pour over raspberries in a medium bowl. Allow to sit for 10 minutes

Remove 1/4 cup of raspberry syrup from bowl and place in a small bowl. Stir in cornstarch to form a paste and then stir into the raspberries.

For the pears, pour wine into 10 inch oven proof skillet. Over low heat, stir in sugar until dissolved, then bring just to a boil.

Put pear halves into the syrup, alternating round side down and then up. Let pear halves steam in the syrup for 5 minutes, turn and steam for 5 more minutes. Arrange the pears with stem sides in. Position is important as it will determine the final look of the dessert.

Do not let the syrup brown.

Sift the flour, baking powder, salt and sugar together in a large bowl. Add the oats, almonds and cinnamon. Pour in the oil and milk. Stir until smooth.

Preheat the oven to 375° F. Pour the raspberries in the thickened sauce over the pears. Be sure that the raspberries get between the pears and cover the bottom of the skillet.

Pour the batter over the top of the pears and raspberries and cover completely. Place whole skillet in oven and bake for 45 minutes.

Remove from the oven, put a serving plate over the top of the skillet and flip. Carefully remove the skillet and serve.

### Nutrition Facts

Serving Size: 1 serving (159.3g)

Servings: 1

#### Amount Per Serving

Calories 220 Calories from Fat 50

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **6%**

**Total Carbohydrate** 38g **15%**

Dietary Fiber 5g **20%**

Sugars 15g

**Protein** 6g

Vitamin A 2%

Calcium 6%

• Vitamin C 10%

• Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.