

# From our kitchen to yours



## Biscuit-Topped Country Apple Cobbler

*Courtesy of Diabetes Canada*

**PREP TIME: 15 min COOK TIME: 13-15 min TOTAL TIME: 30 min YIELDS: 8**

### Ingredients:

#### FRUIT FILLING

6	Granny Smith apples (about 2 1/4 pounds) peeled, cored, and sliced into 1/4 inch thick slices (about 7 cups)
2 tsp	fresh grated lemon juice
1/4 cup	granulated sugar
1/4 tsp	ground ginger
1/4 tsp	ground nutmeg
1/4 tsp	ground cinnamon

#### BISCUIT TOPPING

1 cup	all-purpose flour
1 tbsp	granulated sugar
1 tsp	baking powder
1/2 tsp	baking soda
1/4 tsp	salt
1 tbsp	67% vegetable oil
	butter-flavored spread
1/2 cup	low-fat buttermilk

### Directions:

#### MAKE FILLING

Preheat the oven to 350°F. Coat an 11 x 7-inch glass baking dish with cooking spray and set aside.

Place the apples in a large bowl, add the lemon juice, and toss to coat. Combine the sugar, ginger, nutmeg, and cinnamon in a small bowl and stir to mix well. Add the sugar mixture to the apples and toss to combine. Place the apple mixture in the prepared baking dish.

#### MAKE TOPPING

Combine the flour, sugar, baking powder, baking soda, and salt in a large bowl. Add the butter-flavored spread and blend into dry ingredients using a pastry blender or your fingertips until the spread is uniformly incorporated. Add the the buttermilk and stir just until moistened. Drop the batter by spoonfuls over the apple mixture.

Bake for 25-40 minutes or until the biscuits are well-browned and the apples are tender. Let stand for 10 minutes before serving. Serve warm.

