

Individual Four Berry Cobbler

SERVINGS: 12

SERVING SIZE: 1 each (6 oz)



Ingredients

1 lb Fresh Strawberries, halved and chopped
10 oz Fresh Blueberries
10 oz Fresh Raspberries
1 lb Fresh Blackberries
1 tbsp Fresh Lemon Zest
1 ½ tbsp Fresh Orange Zest
1/3 cup Granulated Sugar
¼ cup Cornstarch
2 tbsp Fresh Orange Juice
¼ cup Fresh Lemon Juice
2 ½ tsp Ground Cinnamon
1/3 cup Unsalted Butter
1/3 cup Light Brown Sugar
1 ½ cup All Purpose Flour

Directions

1. Preheat oven to 325°F. Wash and clean all berries.
2. In a mixing bowl, combine the berries, lemon and orange zests, lemon and orange juices, granulated sugar, cornstarch and 1 ½ tsp cinnamon. Mix well and set aside for 10 minutes.
3. Place 1 ¼ cup berry mixture into oven safe individual ramekins.
4. In a large bowl, combine brown sugar, butter, 1 tsp cinnamon and flour. Mix well with a fork until the mixture is crumbly and the butter is coating the mixture.
5. Add 3 tablespoons of the mixture evenly over the berry mixture in ramekins.
6. Place ramekins on oven pan. and place into oven. Bake for 25 minutes or until tops are golden brown. Serve hot.

Nutritional per serving:

calories 215 kcal, **fat** 6 gm, **protein** 3 gm, **carbs** 40 g, **fiber** 6 g, **sodium** 4 mg