

**Fruit and Berry Cobbler**

## Filling

5	cups	sliced fruit (apple, peach, pear)	1.25	L
2	tbsp.	lemon juice	25	mL
		juice of one orange		
2	cups	fresh or frozen raspberries, strawberries, blueberries or Saskatoon berries	500	mL
1/3	cup	granulated sugar	75	mL
3	tbsp.	cornstarch	45	mL
2	tbsp.	ground flaxseed	25	mL
1/2	tsp.	ground cinnamon	2	mL

## Biscuits

1	cup	unbleached all purpose flour	250	mL
1/3	cup	ground flaxseed	75	mL
1/4	cup	granulated sugar	50	mL
		grated rind of one orange		
1 1/2	tsp.	baking powder	7	mL
1	tsp.	baking soda	5	mL
1/4	tsp.	salt	1	mL
2	tbsp.	butter or margarine	25	mL
1/2	cup	buttermilk	125	mL

## Topping

1/4	cup	chopped walnuts, pecans or sliced almonds	50	mL
2	tbsp.	packed brown sugar	25	mL
1	tbsp.	whole flaxseed	15	mL
1/4	tsp.	ground cinnamon	1	mL

- Preheat oven to 375° F (190° C).
- Lightly spray a 12 cup (3 L) casserole dish with nonstick cooking spray.
- To prepare filling: In a large bowl, toss fruit with lemon and orange juice.
- Add berries, sugar, cornstarch, ground flaxseed and cinnamon. Stir.
- Turn into prepared casserole dish. Bake 15 minutes, stir.
- To prepare biscuits: In a medium bowl, combine flour, ground flaxseed, sugar, orange rind, baking powder, baking soda and salt. Cut in butter. Rub lightly with fingertips until mixture resembles coarse crumbs.
- Stir in buttermilk just until all dry mixture is mixed in.
- Using a 1/4 cup (50 mL) measure, drop 8 biscuits on top of hot fruit.
- To prepare topping: In a small bowl toss together nuts, sugar, flaxseed and cinnamon. Sprinkle on top of biscuits.
- Bake 30 to 35 minutes or until fruit is bubbling and biscuits are lightly browned.

Buttermilk Substitute: ½ cup (125 mL) plain yogurt or 2 ½ tsp. (7 mL) lemon juice or vinegar plus enough milk to equal ½ cup (125 mL). Let stand 5 minutes.

Flax biscuits can be made on their own by preparing and dropping 8 biscuits on a baking sheet that has been sprayed with a nonstick cooking spray. Bake in a preheated 375° F (190° C) oven 12 to 15 minutes or until biscuits are lightly browned and a wooden pick inserted in centre comes out clean.

Yield: 8 servings

Serving Size: 1 biscuit plus ½ cup (125 mL) fruit

#### Single Serving Nutrient Values

Calories	284.09	
Protein	5.16	g
Carbohydrate	52.93	g
Fiber	6.83	g
Fat	8.19	g
Saturated	3.22	g
Monounsaturated	2.54	g
Polyunsaturated	2.06	g
Cholesterol	7.13	mg
Folate	37.38	mcg
Potassium	343.24	mg
Sodium	353.47	mg