

Old Fashion Peach Cobbler

Ingredients

- Cooking spray
- 1 cup flour
- 1 cup sugar
- 1 cup warmed fat-free milk
- 1 tsp salt
- 2 tsp baking powder
- 1/2 cup butter, softened
- 2 large peaches, peeled and sliced
- 2 Tbsp lemon juice
- 1 tsp vanilla
- 3/4 cup water
- 3/4 cup sugar

Directions

1. Preheat oven to 350°F.
2. grease 1 1/2 quart baking dish with cooking spray. In large bowl, combine flour, 1 cup sugar, warmed milk, salt, baking powder and butter. Pour batter into baking dish.
3. Peel peaches, remove pit, and slice. Layer on top of dough.
4. In a sauce pan, mix together lemon juice, vanilla, and water. Heat to boiling, stirring often. Mix 3/4 cup of sugar to dissolve. Pour over peaches and dough. Bake for approximately 50 minutes, until liquid is absorbed.
5. Place on cookie sheet to prevent spills. Cover edges of pie crust with foil or a pie crust protector to prevent the edges from burning. Bake in oven for 30 minutes.

Handling & Storage

Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.

Store unripe peaches in a paper bag. When ripe, store at room temperature for use within 1-2 days.

Nutritional Information

Calories: 314

Total Fat: 10.6 g

Saturated Fat: 6.5 g

Trans Fat: 0.0 g

Cholesterol: 28 mg

Sodium: 349 mg

Total Carbohydrates: 54.6 g

Dietary Fiber: 0.9 g

Sugars: 43.5 g

Protein: 2.8 g

Serves: 9

From the Delaware Grown recipe collection at
<https://delawaregrown.com>