

Seasonal Fruit Skillet Cobbler



Makes:

8 servings

Utensil:

10" Electric Oil Core Skillet

small mixing bowl

medium mixing bowl

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Recipe:

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4 cups
fresh seasonal fruit, sliced (such as peaches, apples and
strawberries)
(600
g)
1/3 cup
apricot preserves (no sugar added)
(107
g)
2 teaspoons
lemon juice
(10
mL)
1/8 teaspoon
nutmeg
(0.6
mL)
3 tablespoons
whole wheat or other flour
(22.5
g)
1 cup
oats
(90
g)
2 tablespoons
cornmeal
(20
g)
2 tablespoons
pure maple syrup
(30
mL)
1 teaspoon
vanilla
(5
mL)

Directions:

1. Place sliced fruit in a bowl. In a separate bowl, combine preserves, lemon juice and nutmeg. Spoon over fruit and mix gently.
2. Add flour and mix gently. Transfer mixture to electric skillet.
3. Cover and cook at 300°F/150°C. When Vapo-Valve™ clicks, reduce temperature to 185°F/85°C.
4. Place oats and cornmeal in a bowl. In a separate bowl, combine maple syrup and vanilla. Add to oat mixture and mix well.
5. Top hot fruit with oat mixture and cook 15 minutes. Serve warm or cold.

Nutritional Information per

▼ Serving

Calories: 137
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 7mg
Total 31g
Carbs:
Dietary Fiber: 3g
Sugar: 16g
Protein: 3g