



ME Recipe: Cranberry Walnut Cobbler

Ingredients:

Filling:

- 4 cups fresh cranberries (two 8-oz packages)
- 1-1/3 cup xylitol
- 3/4 cup coarsely chopped walnuts
- 3 TB freshly-squeezed orange juice
- 1/3 cup unsalted butter

Batter:

- 1/4 cup xylitol
- 1 cup spelt flour
- 2 tsp baking powder
- 1 egg
- 1/2 cup low fat milk

Directions:

Prepare filling: In large bowl, combine xylitol with cranberries that have been cut in half. Stir well to coat all the berries with xylitol. Cover and set aside for two hours or place in refrigerator over night. After allowing mixture to sit, stir in walnuts and orange juice. Melt butter and pour into 8 in. square baking pan Spoon filling over melted butter in baking pan.

Prepare batter: Combine xylitol with flour and baking powder. Add egg and milk and mix well. Pour batter over filling, bake at 350 degrees F for 30-35 minutes or until crust is lightly browned.

Makes 9 servings.