



Foil-Pack Peach Cobbler



1/2 of recipe (about 1 cup): 173 calories, 4.5g total fat (2g sat. fat), 103mg sodium, 32g carbs, 4.5g fiber, 16.5g sugars, 3.5g protein

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Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

2 1/2 cups peaches cut into 1-inch chunks (fresh or thawed from frozen)
1 tbsp. cornstarch or arrowroot powder
1/4 tsp. cinnamon
1 packet natural no-calorie sweetener (like Truvia)
1/4 cup old-fashioned oats
1 tbsp. whole-wheat flour
1 tbsp. whipped butter
Dash salt

Directions

Preheat oven to 350 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a medium-large bowl, sprinkle peaches with cornstarch/arrowroot, 1/8 tsp. cinnamon, and half a packet of no-calorie sweetener. Stir until evenly coated.

In a medium bowl, combine oats, flour, butter, and salt. Add remaining 1/8 tsp. cinnamon and half packet no-calorie sweetener. Stir until well mixed and crumbly.

Distribute peach mixture onto the center of the foil. Evenly top with oat mixture.

Place another large piece of foil over the fruit. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until topping has lightly browned and peaches have softened.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

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