

Wild Blueberry Cobbler

This delicious, low-sugar cobbler can also be prepared with blackberries. Both fruits are excellent sources of phytochemicals and antioxidants.

12 cups frozen or fresh Maine wild blueberries
1 ½ cups sugar
3 tablespoons cornstarch
1 1/3 cups water
1/3 cup lemon juice
2 2/3 cups whole meal flour (or 2 cup all purpose and 2/3 cup wheat germ)
1/3 cup sugar
Generous 1 teaspoon baking soda
Generous 2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon freshly grated nutmeg
8 tablespoons butter, melted
1 1/3 cups liquid buttermilk

Preheat the oven to 400 degrees. In a large, non-reactive pot, combine the water, 1 ½ cups cup sugar, cornstarch and lemon juice. Stir to dissolve, then add the fruit. Bring the mixture to a simmer over medium heat and cook for a few minutes to cook the cornstarch. Taste and correct the sugar or lemon juice if necessary. Pour the mixture into a greased full –sized hotel baking pan.

In a medium bowl, mix together the dry ingredients (flour, baking soda and baking powder, sugar, and spices) Melt the butter and whisk into the buttermilk. Pour into the dry ingredients and stir until just combined. The batter will be sticky. Drop by spoonfuls onto the fruit. Bake until the topping is golden, about 25 minutes. Makes 25 servings.

184 calories, 3 grams protein, 36 grams carbohydrates, 4 grams fat (0 grams trans fat), 111 mg. sodium, 4 grams fiber.

Recipe was adapted from The New Vegetarian Epicure by Anna Thomas.