

# Rise and Shine Breakfast Cobbler

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*Serving Size: ¾ cup; Yields: 4 servings*

## **Ingredients:**

1 cup juice-packed canned sliced peaches, drained  
1 cup juice-packed canned sliced pear halves, drained  
6 pitted prunes, cut in half (or other dried fruit)  
¼ tea vanilla extract  
1 orange, zested and juiced  
1 cup granola, low-fat

## **Preparation:**

1. In a large microwave-safe bowl, mix peaches, pears, prunes, vanilla extract, orange zest, ¼ cup orange juice; stir
2. Top with granola
3. Microwave on high for 5 minutes. Let stand for 2 minutes
4. Spoon into 4 bowls and serve warm.

## **Nutrition Facts per serving:**

Calories: 280  
Total Fat: 1 g  
Saturated Fat: 0gm  
Sodium: 60gm  
Protein: 3gm