

Dessert and breakfast – cobbler with fresh fruit

By Kathryn Reed

I'm a big fan of leftovers – the whole cook once, eat multiple times thing.

Usually my dinner extras become lunch. But what I really love is when dessert becomes breakfast.

So it is this week with the peach-blueberry cobbler I made over the weekend. The guests left and in the fridge were two “extra” servings. Breakfast.



Considering some of things people consume for breakfast – doughnuts, sugary cereals and the like – cobbler isn't so bad. I can also justify most things I want to eat, so maybe I'm not the best one to take advice from. For instance, the vanilla ice cream on top gave me my calcium for the day.

The recipe is from a 2007 issue of *Cooking Light* magazine.

Besides being super tasty, it is easy to make.

I used peaches from the farmers' market, but had to get the blueberries from the grocery store because if the market had the berries, I shopped too late.

I did not peel the peaches nor did I use the cooking spray or turbinado sugar.

Peach-Blueberry Cobbler

Filling

$\frac{1}{2}$ C granulated sugar

2 T all-purpose flour

$\frac{1}{2}$ tsp grated lemon rind

$\frac{1}{4}$ tsp salt

3 C chopped peeled peaches (about 2 pounds)

2 C fresh blueberries

1 T fresh lemon juice

Cooking spray

Topping:

1 $\frac{1}{3}$ C all-purpose flour

$\frac{1}{3}$ C granulated sugar

$\frac{1}{2}$ tsp baking powder

$\frac{1}{4}$ tsp salt

3 T chilled butter, cut into small pieces

$\frac{2}{3}$ C low fat buttermilk

$1\frac{1}{2}$ T turbinado sugar

Preheat oven to 400 degrees.

To prepare filling, combine first 4 ingredients in a large bowl. Add peaches, blueberries, and juice. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Bake at 400 degrees for 15 minutes.

To prepare topping, lightly spoon 1 $\frac{1}{3}$ cups flour into dry measuring cups; level with a knife. Combine flour, $\frac{1}{3}$ cup granulate sugar, baking powder, and $\frac{1}{4}$ teaspoon salt, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk; stir just

until moist.

Remove dish from oven; drop dough onto peach mixture to form 9 rounds. Sprinkle dough evenly with turbinado sugar. Bake at 400 degrees for 25 minutes or until bubbly and golden.