

# APPLE CRANBERRY COBBLER

## INGREDIENTS

### *Filling*

*4 cups apples\**, peeled and sliced

*½ cup frozen cranberries*

*¼ cup granulated sugar*

*1 tablespoon all-purpose flour*

*¼ teaspoon ground cinnamon*

*¼ teaspoon ground nutmeg*

*½ teaspoon vanilla*

### *Topping*

*½ cup all-purpose flour*

*¼ cup brown sugar*

*1 teaspoon baking soda*

*1 tablespoon lemon juice*

*½ cup 2% milk*

### *Maple Cream*

*1 cup whipped cream*

*1 tablespoon maple syrup*

\* If you prefer the cobbler to be more firm, use another apple variety such as Granny Smith, Cortland or Empire.

## PREPARATION

- 1** Preheat oven to 350°F (conventional oven).
- 2** In a large bowl, mix all ingredients for the filling together. Transfer to a non-stick 9-inch square baking pan or to eight 4-ounce ramekins.
- 3** In a small bowl, sift together the dry ingredients for the topping. Combine the lemon juice and the milk and add to the dry ingredients. Spoon topping over the apple cranberry filling.
- 4** Bake for approximately 45 minutes or until fruit bubbles and topping turns golden brown. (Bake for 30 minutes if you use ramekins).
- 5** To make the cream, stir maple syrup into whipped cream. Add cream to each serving of cobbler.



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## Nutrient Analysis

### PER SERVING

% of recipe

#### Renal/Diabetic exchanges:

1 Starch + 1 Lower-Potassium Fruit + 1 Fat

Calories	147Kcal
Protein	2g
Total Carbohydrate	32g
Fiber	1g
Sugars	23g
Fat	2g
Saturated	1g
Cholesterol	1mg
Sodium	171mg
Potassium	105mg
Phosphorus	33mg
Calcium	33mg
Iron	1mg
Magnesium	8mg
Vitamin C	4mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK

### Cranberries

Cranberries are considered a staple around the holiday season, but really can be enjoyed year round. For those with chronic kidney disease, many fruits contain too much potassium to be consumed on a daily basis. Cranberries are very low in potassium and you can eat them every day if desired as one cup contains only 80 milligrams of potassium.

Cranberries are a good source of vitamin C and fiber. Very few fruits or vegetables can beat the disease fighting antioxidant content of these small fruits.

To enjoy the benefits of these power packed berries, have cranberries frequently. They are available fresh, frozen and dried and can be added to the diet in a variety of ways. Add them to your hot or cold cereal. Enjoy a small glass of cranberry juice. For extra color and flavor, add them to your favorite baked goods such as muffins, yeast breads and cookies. You can also use them in poultry and pork recipes for a delicious twist.

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