

Diabetes-Friendly Thanksgiving Recipe

Cast Iron Apple Cobbler

12 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 20 MINUTES • COOKING TIME: 40 MINUTES

FILLING

- 6 cups peeled, diced apples
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 1 teaspoon cinnamon
- ½ teaspoon lemon zest
- 2 tablespoons fresh lemon juice

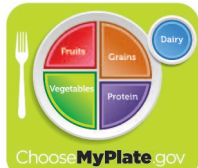
TOPPING

- ½ cup all-purpose flour
- ½ cup regular oats
- ½ cup Splenda® brown sugar blend
- 2 tablespoons lite buttery spread, melted (such as Promise activ®)
- 2 tablespoons canola oil
- 2 teaspoons cinnamon

▶ Preheat the oven to 400° F.

▶ Combine the apples, sugar, cornstarch, cinnamon, lemon zest, and lemon juice in a bowl. Spoon into a 10-inch cast iron skillet.

▶ To prepare the topping, combine the topping ingredients in a small bowl and toss with a fork until well blended. Sprinkle the topping over the apple mixture and bake for 40 minutes.



Per serving: carbohydrate exchanges, 2; fat exchanges, 0.5; calories, 145; calories from fat, 30; total fat, 3.5 g; saturated fat, 0.4 g; trans fat, 0 g; cholesterol, 0 mg; sodium, 15 mg; total carbohydrate, 28 g; dietary fiber, 2 g; sugars, 19 g; protein, 1 g

Recipe from forecast.diabetes.org/recipes/cast-iron-apple-cobbler.

