

Core Cobbler

CORE® RECIPE

POINTS® Value: 3

Serving Size: 1

Ingredients

1/4 cup rolled oats

1/4 cup fat-free egg substitute

1 tsp baking powder

1 1/2 tsp ground cinnamon

6-8 packets of sugar substitute

1 tsp vanilla extract

4 oz mixed berries, Fresh or frozen (no need to thaw first)

Instructions

Spray a **large** microwaveable coffee cup with no-stick cooking spray. Put your mixed berries and 1-2 packets of sweetener in the bottom of the cup and mix.

In a separate bowl, combine the rest of the ingredients and pour over the berries in the cup. Microwave approximately 1 1/2 - 2 minutes on high. This will puff up and become almost bread like. If you like your cobbler sweeter, add more sweetener. (for 1 point more - add a serving of 1pt ice cream)