

BLUEBERRY BLACKBERRY COBBLER CRUMBLE

YOU WILL NEED:

Berry Filling

- 4 Cups of black and blueberries (Fresh)
- 1/2 c applesauce
- 2 Tbsp oats (grounded)

Crunchy Crust

- 1/2 cup oats (grounded)
- 1 cup oats (whole)
- 1/2 cup light brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/2 cup unsalted butter broken into small pieces



Did you know... OUR SPRING COBBLER

- Is a sweet treat that contains fiber, which helps with decreasing spikes in blood glucose
- Oats and berries are rich in antioxidants which help decrease inflammation
- This dish can be modified based off of the fruits you have available in your area.
- Berries contain vitamin C which help boost your immune support
 - This is a low cost dessert that has a natural sweetness. and flavor

INSTRUCTIONS:

- Preheat oven to 375 F
- Prepare a 9x9 in. baking pan using unsalted butter to coat the bottom
- Make filling by rinsing and draining berries
- In a small bowl, mix applesauce and oats until smooth
- Pour on top of berries evenly
- To make crust mix ground oats, brown sugar, butter, cinnamon, and salt in a using pastry cutter
- Add whole oats into mixture
- Sprinkle mixture on berries
- Bake for 30 minutes until golden brown.

Created by EatWellExchange and presented by Breakthrough T1D. Made possible through generous funding by the Elevance Health Foundation

