

## **BLUEBERRY (BLACKBERRY) PEACH DELIGHT**

SERVES 6

$\frac{3}{4}$  CUP WATER OR JUICE FROM FRUIT  
 $\frac{1}{3}$  CUP BROWN SUGAR OR HONEY  
1  $\frac{1}{2}$  TABLESPOONS CORNSTARCH  
MIX IN 2-QUART CASSEROLE.

1 CUP FLOUR (PART OR ALL WHOLE WHEAT)  
 $\frac{1}{2}$  CUP SUGAR  
1  $\frac{1}{2}$  TEASPOONS BAKING POWDER  
 $\frac{1}{2}$  TEASPOON SALT  
SIFT TOGETHER IN A BOWL.

$\frac{1}{2}$  CUP MILK  
 $\frac{1}{4}$  CUP APPLESAUCE OR BUTTER (SOFTENED)  
ADD AND STIR UNTIL BLENDED. POUR OVER FRUIT; TOP WITH 1 TABLESPOON SUGAR AND  $\frac{1}{8}$  TEASPOON NUTMEG (OPTIONAL). BAKE IN PREHEATED OVEN AT 350F FOR 30 MINUTES.

NOTE: CAN ALSO BE MADE WITH FROZEN FRUITS.

FRUIT-ON-THE-BOTTOM COBBLER, BEST SERVED WARM AS IS OR WITH MILK OR FROZEN YOGURT.

3 CUPS PEACHES (SLICED)  
1  $\frac{1}{2}$  CUPS BLUEBERRIES OR BLACKBERRIES  
1  $\frac{1}{2}$  TABLESPOONS LEMON JUICE  
ADD PEACHES AND BERRIES AND MICROWAVE UNTIL MIXTURE THICKENS; STIR A FEW TIMES AS THE MIXTURE HEATS. REMOVE AND STIR IN LEMON JUICE.