

Healthy Cobblers Offer Comfort

(NAPSA)—A cobbler is a traditional dish. In the United States, it's usually made as a dessert filled with fresh or canned fruit. They can also be served British style as a main course filled with meat and vegetables.

Either way, a traditional cobbler is placed in a large baking dish and is covered by a layer of pastry. Cobblers are similar to pies but don't have the bottom crust. There are many varieties of cobblers, such as the Crumble, Crisp, Betty, Grunt or Slump. They can be served hot or cold depending on your preference.

If you're looking for something quick and easy to make to serve for dessert tonight or the next time you are entertaining, try this Sweet Potato & Apple Crunch Cobbler. You can use fresh or canned apples depending on the season. By using Bruce's Sweet Potato Pancake Mix, you eliminate the step of creating the pastry for the top. It's so simple: Just sprinkle the mix on and it'll bake into the cobbler and come out looking brown and crispy. Plus, you get the extra added health benefits of sweet potatoes. Did you know sweet potatoes have no fat or cholesterol, are low in sodium and high in fiber? They are also good sources of vitamins A, C and E.

So when you're looking for a dessert, try an old favorite (apple cobbler) with a new twist (sweet potatoes). Try this recipe. You'll love it! For more healthy recipes, visit www.brucefoods.com.

Sweet Potato & Apple Crunch Cobbler

2 cans of apple pie filling
2 cans of sliced apples



Try apple cobbler with a new twist—a sweet potato crust. These flavors mingle wonderfully and sweet potatoes also offer health benefits.

- 1 teaspoon cinnamon**
- 3 tablespoons brown sugar**
- 2 tablespoons butter for coating the pan**
- 1 6-ounce package Bruce's Sweet Potato Pancake Mix**
- 2 sticks of butter, thawed slightly**

Preheat oven to 350°F. In a mixing bowl, empty the pie filling and sliced apples. Add the cinnamon and brown sugar and mix until incorporated. Next, coat a 9x16-inch pan with the 2 tablespoons of butter. In another mixing bowl, empty the sweet potato pancake mix and cut in the butter either by hand or with a dough cutter. When properly done, it should look like a bunch of small pebbles. Place the apple filling into the greased pan and top with the sweet potato pancake mix. Bake for 30 minutes at 350°F or until the top is browned and crispy.

Makes 8 to 10 servings.