

Blueberry Cobbler

4 cups blueberries
1 cup sugar
1 stick light margarine
1 cup flour (plain)
1 cup low-fat milk
2 teaspoons baking powder
1 teaspoon salt

Directions:

1. Preheat oven to 450F. In a casserole dish, melt butter. Mix dry ingredients and milk, then pour over butter. Add blueberries. Do not stir. Cook 25 to 30 minutes, until golden brown.

Serves 8-10.

Nutrient Analysis, per serving: 282 calories, 59g. carbohydrates, 2g. protein, 5g. fat, 414mg. sodium