

Cranberry Walnut Cobbler

Filling:

4 cups fresh cranberries (two 8 oz. packages)

1/3 cups XyloSweet xylitol

3/4 cups coarsely chopped walnuts

3 TBS freshly squeezed orange juice

1/3 cup unsalted butter

Batter:

1/4 cup XyloSweet xylitol

1 cup spelt flour or whole wheat pastry flour

2 tsp baking powder

1 egg

1/2 cup low-fat milk

To prepare filling: In a large bowl combine xylitol with cranberries that have been cut in half. (Cutting cranberries in half prevents them from bursting during baking, which helps them retain their shape.) Stir well to coat all the berries with xylitol. Cover and set aside for two hours or place in refrigerator overnight. After allowing mixture to sit, stir in walnuts and orange juice. Melt butter and pour into 8" square baking pan. Spoon filling over melted butter in baking pan.

To prepare batter: Combine xylitol with flour and baking powder. Add egg and milk, and mix well. Pour batter over filling, and bake at 350 degrees for 30-35 minutes or until crust is lightly browned. Best when served warm.

Yield: 9 servings.

Per serving: Calories: 273.4 Carbs: 45.8g Fiber: 3.9g Fat: 14.2g Sodium: 97.6g Net Carbs: 12.4g