

## Wise Notes

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### Summer Desserts - Think Fruity

As we approach the summer season when so many fresh fruits are available I suggest that you consider making fruit your dessert of choice. There are many health benefits and fruit in season is as economical choice.

Most of us should eat 2 cups of fruit each day. Many of us, however, don't get enough. Virtually all national health organizations emphasize that people who eat a colorful variety of fruits as part of a healthy diet are likely to experience many different health benefits. People who eat more fruits have reduced risk of chronic diseases, including stroke, diabetes, and some types of cancer. Research also suggests that fruits may help in preventing and treating heart disease and high blood pressure.

Following is a remake recipe for Cherry Cobbler. The original recipe was obtained from Diabetic Cooking magazine and then modified to those ingredients available in our area.

### **Enlightened Cherry Cobbler**

#### Pastry Topping

1 sheet frozen puff pastry, thawed  
2 teaspoons fat-free (skim) milk  
1 teaspoon sucralose-sugar blend  
1/8 teaspoon ground cinnamon

#### Cherry Filling

1 ½ pounds frozen sweet cherries  
1/3 cup sucralose-sugar blend  
3 tablespoons uncooked quick-cooking tapioca  
1 teaspoon almond extract  
¼ teaspoon ground cinnamon  
2 tablespoons chilled margarine cut into small pieces

Fat-free whipped topping (optional)

Preheat oven to 400 F. Line baking sheet with parchment paper; set aside. Unfold puff pastry sheet on lightly floured surface. Cut pastry into 10 shapes with 2 ½ -inch scalloped cookie cutter; discard trimmings. Place cut-outs on prepared baking sheet. Lightly brush milk over tops. Combine sugar blend and cinnamon; sprinkle over cut outs. Bake 12 to 15 minutes or until golden brown. Remove to wire rack to cool completely.

For filling, lightly coat 2-quart baking dish with nonstick cooking spray; set aside. Combine cherries, sugar blend, tapioca, almond extract and ground cinnamon in large bowl. Mix well; let stand for 15 minutes. Spoon cherry mixture into prepared baking dish; dot with margarine pieces. Bake 40 to 45 minutes or until hot and bubbly. Let cool 5 to 8 minutes. Spoon 1/3 cup cherry mixture into small dessert dish; top with pastry cut-out. Top each serving with dollop of whipped topping, if desired. Makes 10 servings.

*Nutrition Facts per serving:* Calories- 184; Total Fat- 7g; Saturated Fat- 2 g; Protein- 2 g; Carbohydrates- 26 g Cholesterol- 0 mg; Dietary Fiber- 1 g; Sodium- 59 mg