

date
me

Tupperware®

Serves 4 • Serving size: ½ cup

12
minutes

PREP: 2 minutes
COOK: 10 minutes

Micro-Bake Berry COBBLER

12-oz./350 g bag frozen mixed berries
4 tbsp. granulated sugar, divided
1 tsp. corn starch
½ cup all-purpose flour
½ tsp. baking powder
¼ tsp. coarse kosher salt
1 tsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend
¼ cup reduced-fat (2%) milk
2 tbsp. unsalted butter, melted

1. Place berries, 3 tbsp. sugar and corn starch in TupperWave Cook-It™ 1½-Qt./1.5 L Bowl. Cover and microwave on high power until berries are hot and mixture has thickened, about 6–8 minutes, stirring halfway through.
2. To create batter, in a small bowl, mix together remaining sugar and all other remaining ingredients.
3. Remove berry mixture from microwave and spoon batter over the berries.
4. Microwave uncovered on high power 2 minutes.
5. Berry mixture will thicken as it cools. Serve warm with ice cream, if desired.

Nutritional Information (per serving):

Calories: 210 Total Fat: 7g Saturated Fat: 4g Cholesterol: 15mg Carbohydrate: 38g
Sugar: 20g Fiber: 3g Protein: 3g Sodium: 180mg Vitamin A: 4% Vitamin C: 20%
Calcium: 8% Iron: 6%

MUST HAVE



TupperWave Cook-It™
1½-Qt./1.5 L Bowl



Cinnamon-Vanilla

OPTIONAL



Measuring
Cups



Measuring
Spoons



Saucy Silicone
Spatula