



GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

TEFAP RISE AND SHINE COBBLER

Makes 4 Servings

Ingredients

- 1 cup peaches (canned, drained and sliced)
- 1 cup pear halves (canned, drained and sliced)
- 6 prunes (pitted, each cut in half)
- 1/4 teaspoon vanilla extract
- 1 orange
- 1 cup granola, low-fat



Directions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

NOTE: dried dates and figs can be substituted for prunes. However, the nutrition information will be slightly different.

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

UPCOMING CLASSES

Eat Smart, Move More—Coming Soon

Courtney Angelo will be teaching a nutritional series with the Geary County Health Department. We will discuss healthy meal planning, shopping for the best value, and more! The Health Department will provide activities for families. These sessions are free, and everyone is welcome to join!

For any questions, email Courtney at cjangelo@ksu.edu.

VISIT US AT THE FARMERS MARKET

SNAP-Ed will be at the Geary Community Farmers Market! Starting July 9th, we will be there every other Thursday from 4-7pm! Our booth will have information on upcoming series, healthy recipes and fun tips to keep physically active!



At the Geary Community Farmers Market, vendors line up in the parking lot of the Geary Community Hospital to sell a variety of fruits, vegetables, baked goods and more!

Visit us to learn how to use your SNAP Benefits at the market.

For the list of vendors and more information, visit the Geary Community Farmers Market Facebook page or their website at <https://www.livewellgearycounty.org/farmers-market>.

RISE AND SHINE COBBLER NUTRITION INFORMATION

1 Serving

Or

1/4 of Recipe

Calories 215

Total Fat 2 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 65 mg

Total Carbohydrate 51 g

Dietary Fiber 5 g

Total Sugars 29 g

Protein 3 g

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