

# Pumpkin Pecan Cobbler

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 4 ounces

Ingredients	Quantity	Measure
All-purpose flour, or white whole wheat	2 ½	cups
Granulated sugar	1 ½	cups
Baking powder	4	teaspoons
Pumpkin pie spice	3	teaspoons
Ground cinnamon	1	teaspoon
Salt	1	teaspoon
Non-dairy milk	1	cup
Pumpkin, canned	1	cup
Non-dairy margarine, melted	1	cup
Vanilla flavoring	1	teaspoon
<b>Topping</b>		
Brown sugar	1	cup
Granulated sugar	1	cup
Pecans, chopped, optional	1 ½	cups
Water, hot	3	cups

## Preparation

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, combine flour, sugar, baking powder, pumpkin spice, cinnamon and salt and stir well.
3. Mix milk, pumpkin, vanilla flavoring and melted margarine into the flour mixture until well blended.

## Topping

1. In a medium mixing bowl, combine brown sugar, granulated sugar and chopped pecans (if using). Mix well and set aside.
2. Coat a 2" half hotel pan with non-stick cooking spray. Spread pumpkin batter in the prepared pan.
3. Top with sugar pecan mixture.
4. Pour HOT water over the pecan mixture. DO NOT MIX!
5. Bake at 350 degrees for 25-30 minutes. The cobbler will be soft, but slightly set. Do not over bake.



# Pumpkin Pecan Cobbler Continued

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**Nutrition Information** per serving \*From USDA Nutrient Database

## With Pecans

Calories: 592 Total Fat: 23g Saturated Fat: 4g Monounsaturated Fat: 11.5g Polyunsaturated Fat: 7.5g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 94g Fiber: 3g Total Sugar: 66g Protein: 5g Sodium: 626mg  
Vitamin A: 201µg Vitamin C: 1mg Calcium: 213mg Iron: 3mg Folate: 98µg

## Without Pecans

Calories: 497 Total Fat: 12g Saturated Fat: 3g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 3.5g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 91g Fiber: 2g Total Sugar: 65g Protein: 4g Sodium:  
626mg Vitamin A: 200µg Vitamin C: 1mg Calcium: 202mg Iron: 2mg Folate: 94µg

