**Slow Berry Cobbler in a new light**

Makes: 6 servings  
Prep Time: 10 minutes  
Cook Time: 4 hours  
Difficulty: Easy

**Ingredients:**

*Filling:*
- 1 (10-ounce) package unsweetened frozen sliced strawberries, or 1 1/2 cups fresh
- 1 (10-ounce) package unsweetened frozen blueberries, or 1 1/2 cups fresh
- 1 (10-ounce) package unsweetened frozen raspberries, or 1 1/2 cups fresh
- 1/4 cup sugar
- 1/4 cup all-purpose flour
- 1 tablespoon fresh lemon juice

*Topping:*
- 3/4 cup reduced-fat baking mix, such as Bisquick Heart Healthy
- 3 tablespoons skim milk
- 2 1/2 tablespoons sugar, divided
- 1 tablespoon unsalted butter, melted
- 1 teaspoon cinnamon

**Directions:**

Spray the insert of a slow cooker with nonstick cooking spray.

In a large mixing bowl, toss together strawberries, blueberries, raspberries, sugar, flour, and lemon juice. Transfer to a 4-quart slow cooker. Cook on high until nearly heated through, 1 1/2 hours.

Meanwhile, in a medium bowl, use a fork to blend the baking mix, milk, 1 1/2 tablespoons of the sugar, and melted butter to form a crumbly dough. Combine remaining tablespoon of sugar and cinnamon in a small bowl and set aside.

Stir the berry mixture in the slow cooker. Drop bits of dough on top of the fruit in the slow cooker and sprinkle the reserved cinnamon-sugar on top. Continue to cook on high for 2 to 2 1/2 more hours until the topping has puffed and the fruit is bubbling. (Note: the topping will not be browned.)

**Nutritional Information:** Per serving (2/3 cup): 210 calories, 3.5 g fat (1 g saturated, 0 g trans), 5 mg cholesterol, 170 mg sodium, 43 g carbohydrate, 4 g fiber, 3 g protein.