

Fruit Basket Upset

Kids will love this action-fold, chop, bake!

8 servings

Ingredients:

- 1 pound frozen dough, thawed
- 1 egg
- 1/2 cup sugar
- 2 teaspoons cinnamon
- 1/2 cup raisins, soaked and drained
- 1 cup fruit cocktail, drained

Directions:

1. Place dough in greased 9X13 inch baking pan. Flatten by hand, covering bottom of pan. **2.** Combine egg, sugar, cinnamon, raisins and fruit in a small bowl. **3.** Place fruit mixture in center of dough. Fold four corners to center over dough. Using a scraper or spatula, chop dough until fruit filling is blended into dough. (Mixture will be rough and messy). Spread evenly in pan. **4.** Cover; let rise until dough is double in size. **5.** Bake in preheated 375 degree oven for 18 to 20 minutes or until golden brown.

Nutrition Facts: One serving provides 270 calories, 3.5g total fat, 25mg cholesterol, 330mg sodium, 56g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Fruit Basket Upset
Milk

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