

Ingredients:

1/4 cup melted butter

1/2 cup flour

1 tsp. baking powder

1/2 cup sugar

A pinch of salt

1/2 cup milk

1/2 teaspoon almond extract (optional)

2 cups canned or fresh fruits, with juice

Directions:

Preheat oven to 400°F. Pour melted butter into a 9-inch square, baking dish.

In a medium bowl, stir together flour, baking powder, sugar and a pinch of salt. Stir in milk and almond extract, if using; mix only until combined.

Pour the batter over the melted butter in the baking dish. Ladle fruit with juice over the top of the batter.

Bake in preheated oven for 25-35 minutes, or until batter rises to the top.

Serve as is, while still warm, or top with vanilla ice cream.

Servings: 4

Nutrition (per serving): 327 calories, 12.3g total fat, 32.9mg cholesterol, 286.6mg sodium, 226.6mg potassium, 53.1g carbohydrates, 2.1g fiber, 39.4g sugar, 3.5g protein, 7.7g saturated fat, 1.2mg iron, 34.3mcg folate, 95.4mg phosphorus, 888.8IU Vitamin A, less than 1mcg Vitamin B12, 4.6mg Vitamin C, 13.1IU Vitamin D.