

Delicious! Texas Style Paleo Cobbler

(Low-carb, Gluten Free, Dairy Free)



5 servings – Prep time: 15 minutes. Cook Time: 40 minutes.

INGREDIENTS:

- 1/2 cup cassava flour
- 1/2 cup almond flour
- 3/4 cup coconut milk
- 1 egg (*optional, gives more rise & sponginess, use full cup coconut milk if not used*)
- 1/2 cup sugar (*coconut sugar or cane sugar*)
- 6 Tbsp. butter (*3/4 stick, grass-fed preferable*)
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 Tbsp. maple syrup
- 2 tsp. vanilla
- 2 cups cut fruit (*Fresh or frozen. My favorites are: plums, peaches, tart cherries, or strawberry/rhubarb combo*)
- Topping:* 1 small can coconut cream (*whip it up as directed on the can*)

PREPARATION:

In a skillet or pan, bring 2 cups cut fruit, butter, maple syrup and 1 teaspoon vanilla to a gentle, bubbling boil until fruit is softened (will be rather juicy by the end). Whisk together dry ingredients. Mix in coconut milk, egg and second teaspoon of vanilla. Pour fruit into a 10-inch (approx.) ceramic or glass baking dish. Pour the batter evenly over softened fruit mixture.

Cook at 350 degrees until done, about 40-50 minutes. Top should be lightly golden brown (the breading will remain partly moist internally, however).

Special notes: 1. Double ingredients for more servings. 2. You can substitute any gluten free flour for the cassava or almond.

Recipe from: www.MatthewAlbracht.com