

PEACH COBBLER



50 STATES
★★★
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the filling:

- ★ Coconut oil, non-stick spray, for coating
- ★ 2 cups chopped ripe peaches, about 3 ripe peaches, 14 ounces, pitted and cut into chunks
- ★ ½ teaspoon cornstarch
- ★ ¼ teaspoon ground cinnamon
- ★ 2 teaspoons monk fruit sweetener

For the topping:

- ★ ½ cup oat flour
- ★ 3 tablespoons monk fruit sweetener, plus 1 teaspoon, divided
- ★ ½ teaspoon baking powder
- ★ 1 tablespoon finely ground flax seeds
- ★ ¼ teaspoon cinnamon
- ★ Pinch fine salt
- ★ 2 tablespoons coconut oil, melted
- ★ ¼ cup oat milk or non-dairy milk
- ★ ½ teaspoon pure vanilla extract
- ★ Dollop of sugar-free whipped cream or Greek yogurt, for serving

DIRECTIONS

Preheat the oven to 375 degrees F. Lightly coat two 4½ -inch, 1-inch-deep ceramic oven-safe ramekins with a light coating of coconut oil non-stick cooking spray and place on a baking sheet.

In a medium bowl, toss the peaches with the cornstarch and cinnamon, and monk fruit sweetener, let stand for 15 minutes until juicy. Divide evenly between the ramekins.

In a medium bowl, combine the oat flour, monk fruit sweetener, baking powder, ground flax seeds, cinnamon, and a pinch of salt. Stir in the melted coconut oil, oat milk or non-dairy milk, and vanilla until the ingredients are thoroughly combined. Let stand for 5 to 10 minutes or until the batter has thickened slightly and is scoopable.

Scoop the topping in tablespoons evenly over the peach filling. Sprinkle the top of each individual cobbler with ½ teaspoon of the monk fruit sweetener. Bake until the filling is bubbly, and the topping is golden brown, 40-45 minutes. Serve warm out of the oven or room temperature with a dollop of sugar-free whipped cream or Greek yogurt.

Serving Size and Nutritional Information:

Serves 1 (Serving Size = 320g)
420 Calories Per Serving, **17g** Total Fat,
54g Total Carbohydrates, **8g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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