

EASY PEACH COBBLER



This weeks Recipe of the Week is thanks to Casey-Lee Lyons of [Live Love Nourish](#). Casey-Lee is a master of gluten free/dairy free recipes and her Easy Peach Cobbler is a classic. A great one to have up your sleeve during peach season.

Serving size: 8

Ingredients:

2 tbsp *coconut oil*
1/2 cup *full fat coconut milk*
1 large *egg*
1/4 cup *honey* (or natural sweetener of choice)
1 tsp *vanilla powder* (or *vanilla extract*)
1 cup *almond meal*
1/4 cup *tapioca flour*
1 tsp *baking powder* (aluminium free)
4 large *ripe peaches* cut into quarters
2 tsp *coconut sugar*
1 tsp *cinnamon*
1/2 tsp ground *cardamom*

Method:

1. Pre-heat a fan forced oven to 175°C.
2. Grease a small pie dish generously with coconut oil (make sure coconut oil is soft. If it is melted slightly firm by placing in fridge for several minutes).
3. In a mixing bowl whisk together coconut milk, egg, honey and vanilla.
4. Add dry ingredients; almond meal, tapioca and baking powder. Mix to combine well.
5. Pour batter into greased pie dish. Top with peach quarters.
6. Combine coconut sugar, cinnamon and cardamom and sprinkle over top of peaches. Top with flaked almonds.
7. Bake in oven for 30 minutes or until cooked through and caramelised on top.
8. Serve with your choice of ice cream, whipped cream/coconut cream or custard for dessert. Healthier

enough for breakfast you can serve with yoghurt.

Notes: You can replace honey with your preferred natural sweetener such as rice malt syrup or maple syrup.

Gluten Free | Dairy Free | Refined Sugar Free

Visit Casey-Lee and the Live Love Nourish Instagram page [here](#).