

ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S
MARKET

BLUEBERRY COBBLER

Blueberry Base:

4 cups fresh blueberries
2 TBSP maple syrup
1 TBSP lemon juice
1 TSP vanilla
1 TBSP arrowroot powder
(or cornstarch)



Cobbler:

1 cup rolled oats
1 cup finely chopped walnuts
(or another nut)
1 cup whole wheat flour
(or almond flour)
1/4 TSP salt
1/2 cup maple syrup
1/3 melted coconut oil
1 TSP vanilla



Preheat oven to 350

In a large bowl, mix blueberries, maple syrup, lemon juice and vanilla. Then add arrowroot starch and toss.

Spoon berries into an 8x8 inch pan

In another bowl, mix oats, nuts, flour and salt

Stir in maple syrup, coconut oil and vanilla until well combined

Spread cobbler topping on top of blueberries until most of the berries are covered

Bake for 40-45 minutes or until topping is golden brown

Let cool for 15 minutes then dive in!