



Ashley's Meal Prep Monday!



Healthy Blueberry Peach Cobbler

INGREDIENTS

Filling:

- 4-5 peaches, sliced
(I left the peel on)
- 1 cup fresh blueberries
- 2 TSP arrowroot/cornstarch
- 1/4 cup honey or maple syrup
- 1/4 cup lemon juice



Topping:

- 1 cup rolled oats
- 1/2 cup almond meal
- 1/4 cup coconut sugar
- 1 TSP cinnamon
- 1/4 cup coconut oil

- Preheat oven to 375°F and spray a 9-inch pie plate with nonstick cooking spray.
- Mix filling ingredients in a medium bowl and let them sit for about 5 minutes.
- Combine all oats, almond meal, sugar and cinnamon in a medium bowl, then stir in coconut oil.
- Give the filling ingredients another good stir and pour them into the pie plate. Sprinkle the oat mixture over the top.
- Bake for 35 to 40 minutes and until the crisp topping is golden and the fruit is bubbly. Allow to cool and thicken for about 10 minutes.
- Spoon out warm crisp into bowls and serve with vanilla ice cream or whipped topping, if desired.



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