

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Peach and Blackberry Cobbler with Almond Crust

### *For the Crust*

1 ½ cups almond flour  
¼ tsp salt  
¼ tsp baking soda  
¼ cup melted ghee (or butter or oil of choice: grapeseed, coconut...)  
2 TBSP honey  
1 tsp pure vanilla extract  
Cinnamon for dusting

1. Mix dry ingredients in a bowl.
2. Mix wet ingredients in a bowl.
3. Combine wet and dry ingredients and form into a ball using a spatula.
4. Lay down a piece of parchment paper and place your dough on top. Place another piece of parchment paper on top of dough and flatten in a disk shape with your hand. Using a rolling pin, roll out dough until it is wide enough to drape over a 9-inch pie pan.
5. Once rolled out, place in fridge for 30 minutes.

### *For the Filling*

5-7 peaches, peeled and sliced (this will vary due to the size so just eyeball it)  
1 pint of blackberries (again, just eyeball it if you need to add more or less)  
2 tsp cinnamon  
1 tsp nutmeg  
1 vanilla bean, seeds scraped and pod discarded (you could also use 1 tsp vanilla extract)  
2 TBSP melted ghee or butter  
¼ cup honey

1. Toss all ingredients into a 9 inch pie pan until well incorporated.
2. Remove pie crust from fridge and carefully drape over filling. This dough is delicate so if pieces fall off just stick them back on. Carefully tuck the edges in.
3. Dust cinnamon over the top and place in the oven for 20-25 minutes. Because almond flour is made of almonds, the crust will turn golden brown quickly. This is normal and adds so much flavor so don't think you are burning the crust.
4. After that place some foil over the top and allow to cook another 10 minutes.
5. Remove from the oven and allow to cool for 30 minutes. When you cut into the cobbler it will be very juicy. Normal cobblers typically have flour mixed in the filling to absorb some of the juices, but we are leaving that out of this recipe. The juices add so much flavor, and though this cobbler doesn't produce "pretty" slices, the taste is delicious!