

Cardamom Peach Cobbler

(GF)(Serves 6-8)

For the filling:

2 x 400g tinned peaches, diced
2 tbsp butter, softened
1 tsp vanilla extract
3 tbsp honey
1/4 tsp salt
1/2 tsp cinnamon
1/2 tsp cardamom seeds ground

For the crust:

1/3 cup coconut flour
3/4 tsp baking soda
1/4 tsp salt
1 1/2 tsp cardamom seeds ground
Pinch cinnamon
3 eggs
2 tbsp butter, softened
1 tbsp raw honey
1/3 cup coconut milk, as needed
1 tsp apple cider vinegar

Method:

Preheat oven to 175 c. Lightly grease a 25cm x 25cm glass baking dish or 25cm cast iron skillet.

In a medium bowl, combine all of the filling ingredients together. Set aside.

In a separate bowl, combine the coconut flour, baking soda and crust spices. Mix in the butter, eggs, and raw honey. The mixture will need to be quite moist, not too thick or dry. This will not need to be as thin as pancake batter, just slightly thicker. Add coconut milk, 1 tbsp at a time, until desired consistency is achieved; sometimes I need more, sometimes less. Just play with it! Add the apple cider vinegar and stir well.

Pour the filling into the bottom of the prepared baking dish; spread to create an even layer.

Spoon the crust mixture over the top, covering as much of the filling as you can. It will not cover the entire area, but it's not supposed to with a cobbler, don't worry! It can be a bit patchy; in fact, it's ideal when a little of the gooey filling seeps out onto the crust!

Cover with aluminium foil and bake for 30 minutes. Remove the foil and bake another 15 minutes, until the crust is slightly browned and the filling appears to be well cooked.

Remove from the oven and let cool 10-15 minutes before serving.

Best served warm topped with whipped cream or homemade ice cream!

In most cases coconut flour can be substituted for wheat flour.