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# PEACH COBBLER



## WHAT YOU WILL NEED

- 1-1/3 cup of almond flour
- 1/2 cup of coconut flour
- 1/2 cup of monk fruit, erythritol granular sweetener
- 3 scoops of Cinnamon Cookie plant protein powder
- 1 cup unsweetened applesauce
- 2 eggs
- 2 cups of frozen peaches
- 4 oz of dairy free milk of choice
- 6 tbsp of unsalted butter (optional)

## GETTING DOWN TO BUSINESS

- 1 Pre-heat the oven to 350°. Spray 9x9 pan or glass dish with non-stick cooking spray.
- 2 In a large bowl mix almond flour, coconut flour, 1/4 cup of monk fruit sweetener, 2 scoops of protein powder, applesauce, and eggs.
- 3 In a small bowl mix 1 scoop of protein powder and 1/4 cup of monk fruit blend in a shaker cup with 4 oz of dairy free milk of choice.
- 4 Add about half of the large bowl mixture to the 9x9 pan covering the bottom of the pan completely. This will be the first layer.
- 5 For the second layer add about 2 cups of frozen peaches covering the first layer completely.
- 6 Pour the protein powder, monk fruit milk mixture over top of the peaches evenly.
- 7 For the final layer add the remaining large bowl mixture, covering the peaches completely. (Optional) melt the butter and pour over top of the top layer.
- 8 Cover the dish with foil and bake for 25 min. remove foil and bake for another 5-10 min to brown the top.
- 9 Enjoy!



**CALORIES**

**148**

**MACROS**

**Protein 7g**

**Carbs 9g**

**Fats 9g**

**Fiber 4g**

**Sugar 3g**

*\* Changing ingredients such as milk substitutions will alter the original macro content of this recipe.*

**PEACH COBBLER // HEALTHY DESSERT ALTERNATIVE**