

Bursting with Berries Cobbler

THE TITLE SAYS it all—fruity berries bubble up under a biscuity dough. It's beautiful and delicious! For the topping, treat it like a pastry: The applesauce and almond butter mixture acts as the fat. Cut it into the flour instead of vigorously mixing it. This way the topping will stay tender and biscuity.

SERVES 8

FOR THE FILLING:

- 5 cups mixed berries (such as blueberries, raspberries, and strawberries)
- 2 tablespoons fresh lemon juice
- ½ cup dry sweetener (see page 13)
- 3 tablespoons cornstarch
- Pinch salt

FOR THE BISCUIT TOPPING:

- ½ cup unsweetened plant-based milk
- 1 teaspoon apple cider vinegar
- 1 teaspoon pure vanilla extract
- 1½ cups oat flour
- 1 tablespoon baking powder
- ¼ cup dry sweetener
- ¼ teaspoon salt
- 3 tablespoons unsweetened applesauce
- 2 tablespoons almond butter

FOR SPRINKLING:

- 1 tablespoon dry sweetener
- ¼ teaspoon ground cinnamon

1. Preheat the oven to 425°F. Line an 8 x 8-inch pan with parchment paper, making sure that the parchment goes all the way up the sides of the pan, or have ready an 8 x 8-inch nonstick or silicone baking pan (see page 17 for recommendations).

TO MAKE THE FILLING:

2. In a large bowl, mix together the berries, lemon juice, sweetener, cornstarch, and salt until well combined. Place the mixture in the prepared pan. Cover the pan with aluminum foil and bake for 25 minutes.

TO MAKE THE BISCUIT TOPPING:

3. In a large measuring cup, whisk together the plant-based milk and apple cider vinegar. Set aside to let curdle for a few minutes and then add the vanilla.
4. In a large bowl, sift together the oat flour, baking powder, sweetener, and salt.
5. In a small bowl, mix together the applesauce and almond butter.
6. Cut the applesauce mixture into the flour mixture with a fork, until crumbly. Add the milk mixture and stir until just moistened. Do not overmix.

TO ASSEMBLE THE COBBLER:

7. Reduce the oven temperature to 350°F. Remove the foil from the pan and plop spoonfuls of the batter over the berry filling. Combine the sweetener and cinnamon and sprinkle evenly over the top of the biscuit dough. Return the pan to the oven, uncovered, and bake for 20 more minutes.
8. Remove the pan from the oven and transfer it to a cooling rack. Serve the cobbler warm.

Vegan Whipped Cream

10-1/2 ounce package extra firm or firm tofu, regular or low fat
4 tablespoons sweetener of your choice
2 tablespoons lemon juice
1/4 teaspoon vanilla extract
1/8 teaspoon salt
1/8 teaspoon almond extract
Soy milk as needed

Blend all ingredients until smooth.

Oatmeal Raisin cookies

Prep time: 25 mins Cook time: 14 mins Total time:39 mins

Ingredients

- . 7 ounces pitted dates chopped (I use Medjool or Deglet Noor dates)
- . 1 cup Old fashioned rolled oats (will be ground into flour)
- . 1 1/2 cup old fashioned rolled oats
- . 2 teaspoon baking powder
- . 1 teaspoon cinnamon
- . 1/2 cup apple sauce
- . 1 1/2 teaspoon vanilla extract
- . 1/2 cup raisin (plus extra for top of cookies)
- . 1/2 cup walnuts optional

Instructions:

1.set oven to 350 place dates into a small bowl covered with water.set aside For 15 mins so they can soften.

2. Grind the 1 cup of oats into flour in a blender. Transfer in a bowl wisk in The 1 1/2 cups oats baking powder and cinnamon.

3. Pour off the water of the dated into a small bowl or cup. Place the dates, Applesauce, vanilla extract and 2 tablespoons of the date water in a blender and blend until smooth.

4. Stir in the date mixture into the bowl of dry ingredients until dry ingredients disappears. Stir in raisin and walnuts.

Line a cookie sheet with parchment paper

Use about 1 tablespoon of dough about 9 on a cookies

Bake about 13-14 mins

Oatmeal Bars

1 tablespoon ground flax seed
2 tablespoons water
3/4 cup apple sauce
1 mashed banana
1 cup sugar or 1/2 cup Stevia
1 teaspoon vanilla
1 1/2 cups whole grain flour
1 tablespoon aluminum-free baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup raisins
1/2 cup nuts
3 cups old fashioned oats, uncooked

Heat oven to 375 degrees. Blend ground flax seed with water. Let stand 5 minutes to thicken. Mix together apple sauce, banana, sugar until creamy. Add thickened flax and water mixture and vanilla. Add flour, baking powder, salt and spices, mix well. Stir in raisins and nuts, mix well. Stir in oats, mix well.

Press dough onto bottom of ungreased 13X9 inch baking pan. Bake 25 to 30 minutes or until light golden brown. Cool completely; cut into bars. Store tightly covered.

Apple Crisp

Fill a 9" x 13" baking dish with sliced apples. I use 4 large or 5 small apples.

Add to apples, a mixture of:

3/4 cup apple juice
3 Tbs. tapioca granules or flour
1 Tbs. lemon juice
pinch of sea salt
1 tsp. Cinnamon or cinnamon substitute

Topping – Mix together:

2 1/2 cups quick oats
1/2 cup whole wheat pastry or barley flour
1/3 cup chopped walnuts
1/3 cup honey or date sugar
1/3 cup apple juice
1-2 tsp. Pure vanilla

Cover with crumb crust topping. I like to sprinkle on 1 tsp. Stevia. Bake at 375 degrees 35-40 minutes until apples are tender.

BANANA DATE COOKIES

3 BANANAS SMASHED

1 TEASPOON VANILLA

½ TEASPOON SALT

1 CUP UNSWEETENED SHREDDED COCONUT

1 CUP CHOPPED PACKED DATES

1 CUP DRYED FRUIT or DRYED PINEAPPLE

1 CUP RAISINS

½ CUP CHOPPED WALNUTS

1 CUP ROLLED OUTS

Stir vanilla and salt into bananas. Add remaining, after ground a little in a blender, EXCEPT OATS. and Mix in oats last.

Drop by spoonful on a sprayed cookie sheet (I USE PAREMENT PAPER)

and bake at 350 F

For 25 mins. For variation, omit coconut and increase rolled outs to 2 cups. Yields about 2 dozen cookies