



Apple-Cranberry Cobbler



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 0.5 cup dairy free almond plus almond milk beverage so delicious® (for nut-free try Dairy Free Coconut Milk Beverage and see this post if concerned coconut and nut allergies)
- ☐ 8 cups apples cored peeled chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 12 ounces cranberries fresh
- ☐ 2 tablespoons dairy-free margarine
- ☐ 1 cup dairy free coconut milk ice cream for topping so delicious®
- ☐ 2 cups flour gluten-free all-purpose
- ☐ 0.5 teaspoon ground allspice

- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup pure
- ☐ 2 cups oats gluten-free
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 cup stevia baking blend (or sugar, if desired)
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat your oven to 375°F.
- ☐ Combine the apples and cranberries in a large glass baking dish.In a large bowl, blend the butter, stevia, oats, flour, baking powder, vanilla, spices, and sea salt. Stir in the maple syrup and milk beverage.Drop the cobbler mixture by the spoonful onto the apples and cranberries. Pat down cobbler mixture and sprinkle with additional stevia, if desired.
- ☐ Bake for 45 minutes or until golden brown.
- ☐ Remove from oven, and let it cool for 5 minutes before serving.Top with a scoop of So Delicious dairy-free ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:46.11, Glycemic Load:14.55, Inflammation Score:-6, Nutrition Score:13.158695645954%

Flavonoids

Cyanidin: 21.71mg, Cyanidin: 21.71mg, Cyanidin: 21.71mg, Cyanidin: 21.71mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 11.27mg, Epicatechin: 11.27mg, Epicatechin: 11.27mg, Epicatechin: 11.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 339.91kcal (17%), Fat: 5.72g (8.79%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 70.61g (23.54%), Net Carbohydrates: 60.23g (21.9%), Sugar: 25.02g (27.8%), Cholesterol: 0mg (0%), Sodium: 161.67mg (7.03%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 7.26g (14.52%), Manganese: 1.43mg (71.29%), Fiber: 10.39g (41.55%), Vitamin B2: 0.3mg (17.83%), Vitamin C: 13.92mg (16.87%), Vitamin E: 2.32mg (15.43%), Calcium: 142.03mg (14.2%), Iron: 2.48mg (13.79%), Phosphorus: 108.26mg (10.83%), Magnesium: 40.78mg (10.19%), Vitamin B1: 0.15mg (9.84%), Selenium: 6.62µg (9.45%), Potassium: 321.51mg (9.19%), Copper: 0.18mg (8.96%), Vitamin B6: 0.17mg (8.34%), Vitamin K: 7.54µg (7.18%), Vitamin B3: 1.39mg (6.94%), Vitamin A: 346.37IU (6.93%), Zinc: 1.01mg (6.76%), Vitamin B12: 0.32µg (5.31%), Folate: 20.3µg (5.08%), Vitamin B5: 0.43mg (4.33%), Vitamin D: 0.35µg (2.36%)