



Debra's Cranberry Double-Crunch Cobbler



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



747 kcal

DESSERT

Ingredients

- ☐ 1.5 cups macadamia nut oil
- ☐ 12 servings more macadamia nut oil
- ☐ 4 pounds cranberries organic
- ☐ 3 tablespoons ground cinnamon
- ☐ 2 cups honey
- ☐ 3 cups rolled oats organic
- ☐ 3 cups sucanat
- ☐ 1.5 cups pastry flour whole wheat organic

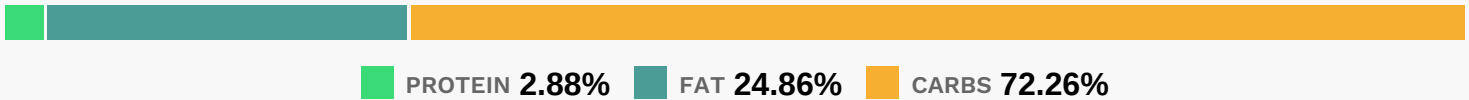
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Preheat your oven to 350°F. Stir cranberries DRY in a pot until they pop, and then a minute longer. Yes, stir them DRY! When cranberries have popped, turn off flame, add honey and let sit while preparing oat mixture. In a large mixing bowl, combine oats, pastry flour, Sucanat or Rapadura, macadamia nut oil and cinnamon until everything is crumbly. I use my hands because it feels good and as an added bonus while making dessert, doing so makes the skin on hands smoother too! Natural multi-tasking! Grease pan with an extra tablespoon-full of macadamia nut oil.
- ☐ Spread one-third the oat mixture in bottom of the pan, cover with cranberry mixture, top with remaining oat mixture.
- ☐ Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:34.69, Inflammation Score:-6, Nutrition Score:16.441739082336%

Flavonoids

Cyanidin: 70.2mg, Cyanidin: 70.2mg, Cyanidin: 70.2mg, Cyanidin: 70.2mg Delphinidin: 11.6mg, Delphinidin: 11.6mg, Delphinidin: 11.6mg, Delphinidin: 11.6mg Malvidin: 0.67mg, Malvidin: 0.67mg, Malvidin: 0.67mg, Malvidin: 0.67mg Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg Peonidin: 74.33mg, Peonidin: 74.33mg, Peonidin: 74.33mg, Peonidin: 74.33mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg Epigallocatechin 3-gallate: 1.47mg, Epigallocatechin 3-gallate: 1.47mg, Epigallocatechin 3-gallate: 1.47mg, Epigallocatechin 3-gallate: 1.47mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 10.02mg,

Myricetin: 10.02mg, Myricetin: 10.02mg, Myricetin: 10.02mg Quercetin: 22.44mg, Quercetin: 22.44mg, Quercetin: 22.44mg, Quercetin: 22.44mg

Nutrients (% of daily need)

Calories: 746.84kcal (37.34%), Fat: 21.52g (33.1%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 140.73g (46.91%), Net Carbohydrates: 130.46g (47.44%), Sugar: 102.74g (114.16%), Cholesterol: 0mg (0%), Sodium: 8.5mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Manganese: 2.31mg (115.38%), Fiber: 10.27g (41.08%), Vitamin E: 5.66mg (37.76%), Vitamin C: 21.53mg (26.09%), Selenium: 15.79µg (22.56%), Vitamin K: 22.85µg (21.76%), Phosphorus: 157.33mg (15.73%), Magnesium: 60.92mg (15.23%), Iron: 2.34mg (12.99%), Copper: 0.26mg (12.85%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.44mg (9.6%), Vitamin B6: 0.18mg (9.21%), Potassium: 301.29mg (8.61%), Vitamin B5: 0.81mg (8.09%), Vitamin B2: 0.11mg (6.39%), Vitamin B3: 1.22mg (6.09%), Calcium: 57.17mg (5.72%), Folate: 15.85µg (3.96%), Vitamin A: 97.97IU (1.96%)