



## Low-Fat Plum Cobbler

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



222 kcal

DESSERT

### Ingredients

- 0.5 cup agave nectar (or other liquid sweetener)
- 1.3 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon cinnamon
- 2 tablespoons cornstarch
- 1 tablespoon juice of lemon
- 1 cup pastry flour whole wheat white
- 2 pounds plums pitted halved quartered ( if large)

- 0.3 teaspoon salt
- 5 ounces silken tofu ( )
- 0.1 teaspoon stevia powder pure to taste (or other sweetener, )
- 1.5 teaspoon vanilla extract
- 0.3 cup water

## Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- blender
- toothpicks

## Directions

- Combine the yogurt/tofu, water, lemon juice, agave nectar, and vanilla extract in a small mixing bowl.
- Add the stevia, whisking well to make sure that it dissolves completely. (If you see clumps of stevia, put the mixture into the blender and process until smooth.) In a medium-sized bowl, combine the remaining, dry ingredients.
- Add the wet to the dry, and stir until well combined.
- Pour the batter over the fruit, and tap the pan lightly on the counter to remove trapped air bubbles.
- Bake for 40-50 minutes or until a toothpick inserted in the center comes out clean.
- Let cool for at least 15 minutes before serving.

## Nutrition Facts



PROTEIN 8.4%  FAT 6.41%  CARBS 85.19%

## Properties

Glycemic Index:25.11, Glycemic Load:8.15, Inflammation Score:-6, Nutrition Score:10.617826026419%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 221.62kcal (11.08%), Fat: 1.65g (2.54%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 45g (16.36%), Sugar: 28.05g (31.16%), Cholesterol: 0mg (0%), Sodium: 279.6mg (12.16%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 4.87g (9.74%), Manganese: 0.91mg (45.59%), Vitamin C: 18.45mg (22.36%), Selenium: 12.75µg (18.22%), Fiber: 4.39g (17.58%), Vitamin K: 14.21µg (13.53%), Phosphorus: 129.34mg (12.93%), Vitamin B1: 0.19mg (12.63%), Magnesium: 45.74mg (11.44%), Copper: 0.22mg (11.16%), Vitamin A: 523.83IU (10.48%), Potassium: 357.92mg (10.23%), Vitamin B3: 1.83mg (9.13%), Vitamin B6: 0.17mg (8.61%), Calcium: 73.85mg (7.38%), Iron: 1.3mg (7.24%), Vitamin B2: 0.11mg (6.67%), Folate: 22.36µg (5.59%), Zinc: 0.8mg (5.35%), Vitamin E: 0.72mg (4.8%), Vitamin B5: 0.33mg (3.29%)