



Minted Mango-Berry Cobblers with Chai Biscuits and Fresh Ginger Cream

 Vegetarian

READY IN



142 min.

SERVINGS



6

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 3 tablespoons almonds toasted sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup blueberries fresh
- ☐ 2 tablespoons cake flour
- ☐ 1.5 teaspoons chai spice
- ☐ 0.5 teaspoon coconut extract organic

- ☐ 2 tablespoons confectioners' sugar
- ☐ 3 tablespoons cornstarch
- ☐ 4 ounces cream cheese at room temperature
- ☐ 2 teaspoons crystallized ginger minced
- ☐ 1 eggs with 1 teaspoon cold water, for egg wash beaten
- ☐ 0.3 cup vanilla yogurt fat-free
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons ice water
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 cups mangos fresh diced pitted peeled 2 mangoes
- ☐ 0.8 teaspoon mango extract
- ☐ 6 servings mint sprigs fresh for garnish, optional
- ☐ 0.3 teaspoon sea salt
- ☐ 1 tablespoon shortening cold butter-flavored
- ☐ 1 cup strawberries fresh trimmed sliced
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons butter unsalted cold cut in small cubes
- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Add both flours, sugar, baking powder, chai spice, cinnamon, nutmeg, allspice and salt in the bowl of a food processor.
- ☐ Sprinkle with both extracts and pulse to combine.
- ☐ Add the butter and shortening and pulse 6 to 8 times until the mixture resembles coarse meal.
- ☐ Add the ice water, 1 tablespoon at a time, pulsing until the dry ingredients are just moistened.
- ☐ Remove the dough from the processor bowl, flatten into a disk shape, wrap tightly with plastic wrap and refrigerate for 30 to 40 minutes.
- ☐ For the cream: Whip the cream cheese and yogurt in a medium bowl with an electric mixer until light and fluffy. Beat in the sugar, fresh ginger, crystallized ginger and both extracts until evenly combined. Cover with plastic wrap and refrigerate until serving.
- ☐ Add the mangoes, strawberries, blueberries, lemon juice, cornstarch, sugar and mint to a large bowl and stir to combine. Lightly spray 6 (8-ounce) baking bowls with cooking spray. Evenly divide the fruit mixture into the bowls and arrange on a rimmed baking sheet.
- ☐ Roll out the reserved dough, on lightly floured marble or a flat surface, to 1/4-inch thickness.
- ☐ Cut the dough into 6 rounds or decorative shapes slightly smaller than the width of the bowl. Put 1 piece of dough on top of each cobbler.
- ☐ Brush the dough evenly with egg wash.
- ☐ Bake the cobblers for 20 minutes, then reduce the heat to 350 degrees F.
- ☐ Bake until the pastry is lightly browned and the fruit is tender and bubbling on the edges, about 5 to 7 minutes longer.
- ☐ Remove from the oven and transfer the bowls to a wire rack.
- ☐ Let cool for 20 to 25 minutes before serving.
- ☐ Dollop ginger cream on each cobbler and sprinkle with toasted almonds.
- ☐ Garnish with mint sprigs, if desired, and serve.

Nutrition Facts

PROTEIN 4.86% FAT 46.06% CARBS 49.08%

Properties

Glycemic Index:95.49, Glycemic Load:15.81, Inflammation Score:-8, Nutrition Score:11.539565166701%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 5.98mg, Pelargonidin: 5.98mg, Pelargonidin: 5.98mg, Pelargonidin: 5.98mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 330.56kcal (16.53%), Fat: 17.49g (26.9%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 38.63g (14.05%), Sugar: 31.27g (34.74%), Cholesterol: 34.34mg (11.45%), Sodium: 273.25mg (11.88%), Alcohol: 0.66g (100%), Alcohol %: 0.4% (100%), Protein: 4.15g (8.3%), Vitamin C: 49.44mg (59.93%), Vitamin A: 1457.18IU (29.14%), Manganese: 0.48mg (24.13%), Vitamin E: 2.66mg (17.74%), Calcium: 135.98mg (13.6%), Folate: 52.9µg (13.23%), Fiber: 3.29g (13.15%), Phosphorus: 105.76mg (10.58%), Vitamin B2: 0.18mg (10.51%), Copper: 0.2mg (9.77%), Potassium: 307.78mg (8.79%), Magnesium: 34.59mg (8.65%), Vitamin K: 8.71µg (8.29%), Vitamin B6: 0.15mg (7.53%), Selenium: 4.31µg (6.15%), Iron: 0.92mg (5.12%), Vitamin B3: 1.02mg (5.1%), Vitamin B1: 0.06mg (4.03%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.54mg (3.63%), Vitamin B12: 0.1µg (1.69%)