

## Healthy Blueberry Cobbler

*It is Farmer's Market season, which means I have blueberries!! I am a sucker for sweets, but do not enjoy all the calories that come with them (especially if I want a BIG serving). This baked blueberry cobbler is a low(er)-calorie alternative that has less calories and sugars along with high-quality ingredients but still satisfies cravings- not to mention the added benefit from the antioxidant-rich blueberries. Try this alongside some Halo Top ice cream for the perfect sweet treat that will keep you on track with your health goals.*

### **Ingredients:**

#### **Blueberry Filling**

4 cups Blueberries (I use fresh but can also use frozen)  
 2 tbsp Stevia  
 1 tbsp Lemon juice  
 1 tsp Vanilla  
 1 tbsp Cornstarch (can also use arrowroot powder)

#### **Crisp Topping**

1 cup Original oats  
 ½ cup Almond flour  
 ½ cup Whole wheat flour  
 ¼ tsp Salt  
 2 tbsp Stevia  
 1/3 cup Lite butter, unsalted (I use "Lite I Can't Believe It's Not Butter")  
 1 tsp Vanilla

### **Directions:**

1. Preheat oven to 350 degrees F. Spray 8x8 baking dish with cooking spray. Set aside.
2. In a large bowl, mix blueberries, stevia, lemon juice and vanilla. Then, toss with cornstarch until blueberries are coated. Pour into the 8x8 baking dish and spread into an even layer. Set aside.
3. In a medium bowl, mix the oats, almond flour, whole wheat flour, salt and stevia until well combined. Stir in the butter and vanilla.
4. Evenly spread the oat/flour mixture on top of the blueberries.
5. Bake for 40-45 minutes or until topping is lightly browned and blueberries are cooked.
6. Served best warm!

**\*\*PRO TIP:** serve with some Halo Top ice cream!!

### **Nutrition Facts:**

Servings: 9 servings

Serving size: 1 serving (104 g)

Healthy Blueberry Cobbler		
<b>Nutrition Facts</b>		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>168.9</b>	
	% Daily Value*	
<b>Total Fat</b>	7.3 g	9 %
Saturated Fat	0.9 g	5 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	116.5 mg	5 %
<b>Total Carbohydrate</b>	23.8 g	9 %
Dietary Fiber	3.9 g	14 %
Total Sugars	7.3 g	
Added Sugars	- g	- %
<b>Protein</b>	3.9 g	
Vitamin D	0 mcg	0 %
Calcium	27.2 mg	2 %
Iron	1 mg	6 %
Potassium	162.5 mg	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full info at <a href="http://cronometer.com">cronometer.com</a>		</>