

Healthy Swaps Southern Style Peach-Almond Cobbler

(*see dietary notes)



Recipe by: Chef Kelly Yorke

August is high season for Colorado peaches. So enjoy them at their peak by making this Southern Living Easy Peach Cobbler recipe which has been revised with "Healthy Swaps" in order to reduce the amount of calories, fat, carbohydrates, and cholesterol per serving, yet still is a delicious and satisfying (and guiltless) home style dessert. Try topping this cobbler with a dollop of Easy Homemade Peach-Almond Soft Serve (recipe follows) and a sprinkling of sliced toasted almonds for a doubly "Peachy" dessert.

Ingredients:

4 Tbsp.	Smart Balance Buttery Sticks, melted
1 cup	White Whole Wheat Flour, unbleached
1/2 cup	Stevia Extract, In the Raw
1/2 cup	Splenda, Brown Sugar Blend
2 tsp.	Baking Powder
1 pinch	Salt
1 cup	Almond Milk, unsweetened
5 cups	Fresh Peaches, skinned and sliced (about 2 lbs. or 6 – 8 medium peaches)
1 Tbsp.	Lemon Juice
1/2 tsp.	Almond Extract
1/2 tsp.	Ground Cinnamon

Directions:

1. Preheat oven to 375 °F.
2. Melt Smart Balance in a 13 x 9 inch baking dish.
3. Combine flour, Stevia, baking powder, and salt. Add the almond milk, stirring just until the dry ingredients are moistened.
4. Pour the batter over the melted Smart Balance (do not stir).
5. Bring Splenda Blend, peach slices, and lemon juice to a boil over high heat, stirring constantly; remove from heat and stir in the almond extract.
6. Pour the hot fruit mixture over the batter (do not stir). Sprinkle top with cinnamon.
7. Bake in preheated oven for 40 to 45 minutes or until batter is golden brown.
8. Serve cobbler warm or cold. If desired, sprinkle with toasted sliced almonds.

YIELD: 10 Servings

*Dietary Notes:

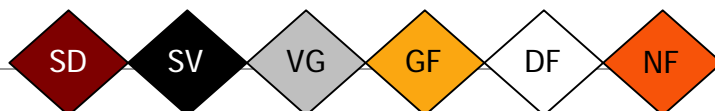
- To make Vegan (SV) and Dairy-free (DF), substitute 4 Tbsp of Smart Balance Buttery sticks with 4 Tbsp of Earth Balance Vegan Buttery Sticks. Vegans also substitute 1/2 cup Splenda Brown Sugar Blend with 1/2 cup dark evaporated cane juice such as Sucanat.
- To make Gluten-free (GF), replace 1 cup wheat flour with 1 cup Bob's Red Mill GF All-Purpose Baking Flour, 1/2 tsp of Guar Gum and 1/2 tsp Xanthan gum.
- To make Nut-free (NF), replace 1 cup almond milk with either 1 cup dairy milk, soy milk, or rice milk and replace 1/2 tsp almond extract with 1/2 teaspoon vanilla extract.

Per Healthy Swaps Recipe Serving: 170 Calories, 18g Carbohydrates, 5g Fat, 2g Protein, 3g Dietary Fiber, 6mg Cholesterol, 169mg Sodium

Per Southern Living Recipe Serving: 327 Calories, 59g Carbohydrates, 10g Fat, 3g Protein, 2g Dietary Fiber, 28mg Cholesterol, 187mg Sodium

Easy Homemade Peach-Almond Soft Serve

(*see dietary notes)



Recipe by: Chef Kelly Yorke

This recipe produces a healthier alternative to ice cream and can be made in a snap using a food processor or blender, any flavor frozen fruit you may have (such as bananas, berries or other types of stone fruits) and part-skim ricotta cheese or non-dairy cream cheese. Try swapping out the almond extract with other flavored extracts and get creative!

Ingredients:

1 large Fresh Peach
1/4 cup Ricotta cheese, part-skim, (or) Dry Curd Cottage Cheese
1/4 tsp. Almond Extract
1 – 2 tsp. Stevia In the Raw
1 Tbsp. Water

Directions:

1. Cut a small X in the bottom end of the peach and then plunge it into boiling water for 1-2 minutes, until the X begins to peel away from the flesh.
2. Remove peach and plunge it into cold water to stop cooking. Peel the skin away from the flesh and then cut peach into cubes and freeze on a plate lined with waxed paper until solid.
3. Place frozen peach cubes or slices in a food processor with the remaining ingredients. Using a steel blade process until smooth.
4. Divide into 2 individual serving bowls and serve immediately (or) serve as a topping over warm fruit cobbler.

YIELD: 2 Servings

*Dietary Notes:

- To make Vegan (SV) and Dairy-free (DF), omit ricotta cheese and replace with 1/4 cup Toffuti's "Better than Cream Cheese" product.
- To make Nut-free (NF), omit almond extract and replace with 1/4 tsp of vanilla extract.

Per Serving: 64 Calories, 19g Carbohydrates, 3g Fat, 4g Protein, 1g Dietary Fiber, 9mg Cholesterol, 39mg Sodium

Per Ben & Jerry's Peach Cobbler Ice Cream Serving: 220 Calories, 28 Carbohydrates, 11g Fat, 3g Protein, 0g Dietary Fiber, 50mg Cholesterol, 55 mg Sodium