



“APPLE” COBBLER

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	16.4 gm NOW Real Foods® almond flour	3.1 (-4.65 gm fat)
	9 gm raw egg	0.6 (-0.6 gm fat)
Fat	9.8 gm butter	3 (-5.25 gm)
	15 gm butter (for crumble)	3
Carbohydrate	28.5 gm thinly sliced raw zucchini	1.3
Other	McCormick® apple pie spice Walden Farms® Caramel Dip ½ tsp. Da Vinci® SF vanilla syrup 4 gm erythritol	

DIRECTIONS

- Preheat the oven to 350°F.
- In a small pot, combine the zucchini, butter, apple pie spice, vanilla syrup, and caramel dip.
- Melt all together and allow to simmer for 20 minutes.
- In a small bowl, combine the almond flour, raw egg, butter (for crumble), and erythritol.
- Stir until smooth.
- Cover a baking sheet with parchment paper.
- Scoop the dough onto the parchment paper in the form of a cookie.
- Place in the preheated oven and bake for 15-20 minutes until firm and golden.
- If your child’s individual meal plan requires heavy cream, whip it with Da Vinci® SF vanilla syrup to create a whipped cream topping. Set aside.
- Assemble the cookies onto a plate and either leave them whole or break them apart into a crumble.
- Transfer the “apple” mixture to the plate with the cookies.
- Scoop the whipped heavy cream over top of the cobbler and serve warm.

VARIATIONS

- If freezing for future use, the “apple” mixture should be stored separately from the cookies to avoid them from becoming soggy.
- Zucchini can be replaced with any fruit such as real apple slices, banana, peaches, cherries, etc.
- If your child’s personal meal plan requires more fat, add butter as needed to the filling.