

mmmm...  
DELICIOUS  
fruit with a  
THICK top crust...

I COBBLER with  
the BEST of 'em!!!



## MY RECIPES

Lisa and I were looking for gluten free, high protein, dairy-free baking recipes. This led us to almond flour. Wheat flour has gluten, a protein that gives bread its chewy texture and holds in the carbon dioxide from yeast that allows bread to rise and develop its sponginess. Almond flour has no gluten, so my recipes use baking powder and eggs to make it rise and stick together. When baked, it has a texture closer to cake or cornbread.

## NOTE

Almond flour looks different than wheat flour when it bakes. It needs to be taken out when the edges start to brown and the middle is pale but firm. If you wait for that overall browning of wheat flour, your goodies may be too dry.

# STEVE WALLET'S FRUIT COBBLER

## INGREDIENTS

## QTY

## DIRECTIONS

Almond Flour	1 lb. (4 cups)
Eggs	4
Non-dairy milk: Milkadamia or others	1/2 cup
Apple Sauce unsweetened	3/4 cup
Baking Soda	2 tsp
Salt	3 pinches
Fruit (fresh or frozen)	8 to 10 apples or 10 to 12 cups of your favorite fruits
Cinnamon	1 1/2 TBS
Parchment Paper	enough to line pan

1. Cut fruit into bite size pieces. Add cinnamon. You may want to pre-cook apples if you like them softer rather than crunchy. Bring frozen fruit to room temp.
2. Line bottom and sides of a 2 1/2" high by 9" wide x 12" long baking pan with parchment paper.
3. Mix almond flour, eggs, nut milk, baking soda and salt in large bowl.
4. Using a large spoon, plop scoops of the batter on top of the fruit. No need to mush the plops together, a rough top with gaps down to the fruit is fine.
5. Place in 350 degree oven for approximately 30 to 40 mins, until edges start to brown.
6. Take out, cool and enjoy.  
Tastes great with yogurt or sour cream, non-dairy or otherwise



I've got my CAT, my COFFEE  
and my COMPUTER...  
it's time to post  
my daily CARTOON...



**a STEVE WALLET small moments cartoon recipe**

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