

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Gluten-Free Peach Cobbler Recipe

While researching celiac disease and the gluten-free diet I ran into this little gem called Gluten-Free Goddess. Never has blogging tasted so good. This recipe will give you something to look forward to this fall as the nights get chillier. If you want to see more recipes I have included the website link below. Tara

I recognize that some of you may not use almond meal due to nut allergies. Bob's Red Mill Gluten-Free Cornmeal or certified gluten-free oat flour would work quite well.

Preheat the oven to 350°F. Lightly grease an 8x8-inch baking dish or two large/four small individual gratin dishes.

Ingredients:

About 4 cups of sliced ripe peaches (I peel mine)
2 tablespoons organic light brown sugar or use raw agave nectar
2 teaspoons tapioca starch

Begin with the peaches:

Pour the sliced peaches into a pot and stir in the light brown sugar and tapioca starch till coated. Heat over medium heat until the peaches start to bubble a little around the edges. Turn the heat to low and cook for eight to ten minutes. This gives the peaches a head start in the baking department.



Meanwhile whisk together:

1 cup sorghum flour (also known as jowar flour)
1/2 cup almond meal (also known as almond flour)
1/2 cup tapioca starch
1/2 teaspoon fine sea salt
2 teaspoons baking powder
1/2 teaspoon baking soda
1 1/2 teaspoons xanthan gum
1/2 cup organic cane sugar
1/2 teaspoon bourbon vanilla extract

Beat in:

6 tablespoons of light olive oil or melted vegan butter spread
1 egg replacer (I used Ener-G Egg Replacer, mixed)
1 1/4 to 1 1/2 cups unsweetened So Delicious Coconut Milk, or hemp, almond, or rice milk

The biscuit dough will come together quickly- don't beat it to death. Just till smooth. It should be a wee bit sticky (not too wet and not too dry) like a biscuit dough/batter.

Instructions:

Spoon the hot peaches into the prepared baking dish.

Plop spoonfuls of the biscuit dough on top of the peaches.

Sprinkle with a little dusting of organic cane sugar.

Bake in the center of a preheated oven for 25 to 30 minutes, until the juices are bubbling, and the biscuit topping is golden brown and baked through. Cool for five to ten minutes before serving.

Serve warm.

Makes four servings.

Read more: <http://glutenfreegoddess.blogspot.com>