

Fruit and Chia Cobbler

Fresh or frozen fruit (I use 2 small bags of blueberries or sliced peaches)

1/4 cup sugar or Splenda

1/4 cup brown sugar

1 tsp. cinnamon or apple pie spice

½ tsp. allspice or nutmeg

1 tsp. lemon juice

2 tsp. arrowroot or cornstarch

1/3 cup chia seeds

1 cup white whole wheat flour

1/4 cup sugar or Splenda

1/4 cup brown sugar

1 tsp. baking powder

1/2 tsp. salt

6 tbsp. butter or Smart Balance spread, cut into small pieces

1/4 cup boiling water



Preheat oven to 425 degrees. In a large bowl, combine fruit, sugars, spices, lemon juice, arrowroot or cornstarch, and chia seeds. Toss to coat evenly, and pour into a 9 X 13 baking dish. Bake in preheated oven for 10 minutes.

Meanwhile, in a large bowl, combine flour, sugars, baking powder and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined. Remove fruit from the oven, and drop spoonfuls of topping over the fruit. **Optional:** You can mix 1 tsp. of cinnamon and 2 tbsp. turbinado sugar (Sugar in the Raw), and sprinkle over the top of the cobbler. Bake until topping is golden, about 20 minutes.

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