

McDougall Made Easy Recipes

For more ideas and recipes go to the "McDougall Made Easy DVD" section on our web site: www.drmcdougall.com.

Lesson 9: Fresh Fruit (Peach) Cobbler

Be sure to use sweet, ripe, seasonal fruit in this recipe. Peaches and nectarines are delicious. For a fresh strawberry pie, see hint below.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 8

4 cups sliced fresh peaches or nectarines

1/3 cup apricot preserves

2 teaspoons lemon juice

1/8 teaspoon nutmeg

3 tablespoons flour

1/2 cup quick cooking oats

2 tablespoons cornmeal

2 tablespoons pure maple syrup

1 teaspoon vanilla

Preheat oven to 375 degrees.

Place the sliced peaches in a bowl. Combine the preserves, lemon juice and nutmeg together in another bowl. Spoon over the peaches and mix gently. Sprinkle the flour on the top and then mix again. Place in a 9 inch pie plate. Bake for 30 minutes.

Place the oats and cornmeal in a bowl. Combine maple syrup and vanilla and pour over the oat mixture. Mix well.

Remove the cobbler from the oven and reduce heat to 350 degrees. Crumble the oat mixture over the pie filling and return to oven. Bake for an additional 15 minutes. Let rest for 15 minutes before serving. Scoop the cobbler out with a large spoon and serve with Vanilla Soy Ice Cream for a special treat. May be served warm or cold.

RECIPE HINT: Frozen peaches may be substituted for fresh, if desired. Thaw them before using in this recipe. For a fresh strawberry pie, substitute sliced fresh strawberries for the peaches and strawberry preserves for the apricot preserves. Reduce the initial baking time by 10 minutes.