

Guilt-Free Cobbler



This recipe makes a perfect fall dessert. I used peaches, but feel free to substitute with apples or pears. Traditional cobblers and pies are filled with fat and sugar - this recipe is much lighter, but will satisfy your sweet tooth just as well.

Servings: 1

Here's what you need:

1 sweet, ripe peach (or apple or pear)

coconut cooking spray

1 teaspoon agave nectar

pinch of sea salt

pinch of freshly ground cinnamon

Wash, peel and pit the peach. Chop into bite-sized pieces.

Pre-heat a skillet over medium-high heat. Spray lightly with coconut cooking spray.

Saute the peach pieces for about a minute, then add the agave nectar, salt and cinnamon. Continue to saute for another few minutes until it turns a deep golden color.

Serve and enjoy immediately!

Nutritional Analysis: One serving equals: 53 calories, .2g fat, 100mg sodium, 13g carbohydrate, 1.8g fibre, and 1g protein.

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