

Beans, Rice And Everything Nice

Blueberry Cobbler



original recipe by beansriceeverythingnice.weebly.com

Ingredients

serves 2

1 cup fresh or frozen blueberries

Zest of 1 lemon

2 teaspoons white sugar
(optional)

70 grams (3/4 cup) gluten-free
oat flakes

35 grams (4 Tablespoons) millet

35 grams (4 Tablespoons)
buckwheat groats

1 teaspoon baking powder

pinch salt (optional)

79 ml (1/3 cup) maple syrup

125 ml (1/2 cup) non-dairy milk

1. Preheat the oven to 190C/375F. Place one 3 cup baking dish or two 1-1/2 cup ramekins on a baking sheet. Set aside. Put the blueberries in a small bowl. If using the sugar, mash the white sugar and lemon zest together in a small dish. Reserve half of the lemon-sugar mixture for topping if desired, and toss the blueberries in the remaining lemon-sugar (or just the lemon zest) and set aside.
2. Using a spice/coffee grinder or blender, grind the grains to a powder and add to a mixing bowl along with the baking powder and a pinch of salt (if using.) Whisk together to combine. Add the maple syrup and the non-dairy milk and mix well.
3. Spread the blueberries evenly over the bottom of the baking dish or dishes. Spoon the batter evenly over the blueberries. Sprinkle the top with remaining lemon zest and sugar. Bake in the pre-heated oven for 30-40 minutes. The cobbler is ready when the centre is firm, the edges have browned a bit and pull away from the sides of the pan, and a toothpick inserted near the middle comes out clean. Let cool for 15 minutes before serving.