



Peach Cobbler: An Old Favorite Made Healthy and New

There's something about peach cobbler that feels like comfort in a baking dish. Warm, cozy, a little rustic, and perfect when you want dessert to feel homemade without becoming a whole production.

This Healthy Peach Cobbler keeps that familiar comfort but gives it a more wholesome spin. Instead of refined sugar, this version uses date sugar, which is simply ground dates. It's a less processed option made from real fruit, which makes it a more nourishing choice than standard white sugar. Instead of regular flour, we use almond flour, which brings some healthy fats, a little protein, and more substance than traditional flour. And instead of a regular egg, it uses a flax egg made from ground flax seeds and water, adding fiber, plant-based omega-3s, and a bit of protein too.

Frozen peaches keep this recipe especially easy, which also makes it one you can enjoy year-round without waiting for peach season to roll around. And if you want to watch the whole thing come together step by step, be sure to check out the YouTube demo.

Ingredients

Peach Filling

4 cups sliced frozen peaches
1 teaspoon Ceylon cinnamon
1/4 cup water

Cobbler/Biscuit Topping

1 1/2 cups almond flour
1 teaspoon baking powder
1/4 cup date sugar
1 tablespoon ground flax seeds
1/4 cup plus 1 tablespoon water, divided
Pinch of salt
1 tablespoon ghee, melted
1/4 cup non-dairy milk (I use almond milk)
1/2 cup chopped pecans

For Serving

Unsweetened coconut yogurt, optional (I like Harmless Harvest or Cocolune)

Instructions

1. Preheat the oven to 400 degrees.
2. Add the peaches to an ungreased 8x8 baking dish.
3. Pour 1/4 cup of water over the peaches.
4. Sprinkle the cinnamon over the peaches and set aside.
5. Make the flax egg by combining the ground flax seeds with 1 tablespoon of water. Mix well and set aside for about 5 minutes while you prepare the cobbler topping.
6. In a large bowl, add the almond flour, baking powder, date sugar, and a pinch of salt. Sift or stir together well.
7. Melt the ghee in the microwave for about 30 seconds, until melted. Add it to the almond flour mixture and stir with a spoon until the mixture becomes crumbly.
8. Add the flax egg and non-dairy milk, then stir until a stiff dough forms.
9. Add the chopped pecans and combine well.
10. Using a large spoon, drop heaping spoonfuls of the dough over the peaches to roughly cover them. Some peaches may still be showing. Pat the dough down gently onto the peaches.
11. Bake for 45 minutes, checking at the 30-minute mark to make sure the topping is not getting too brown. If it is, cover loosely with foil and return it to the oven for the remaining bake time, or until the peach mixture is slightly bubbly and the peaches are cooked through.
12. Serve as is, or with a dollop of unsweetened coconut yogurt.