

# Apple Cobbler

*"What can be sweeter on a chilly fall evening than warm cinnamon apples topped with a sweet golden cobbler crust. Top this with a spoon of whipped topping or frozen yogurt and you'll feel like you're in a state of apple bliss!"*

**Servings:** 6 • **Size:** 1 cobbler • **Calories:** 261.5 • **Fat:** 4.7 • **Carbs:** 56.9 • **Fiber:** 4.2 • **Protein:** 1.9 • **Sugar:** 39.6  
**Sodium:** 168.1 g

## FOR THE FILLING:

- ✓ 2 1/2 lbs Gala apples, peeled, cored and sliced 1/4" thick\*
- ✓ 1/2 cup agave (or sugar)
- ✓ 2 tbsp cornstarch
- ✓ 1/2 tsp cinnamon
- ✓ 1/4 tsp nutmeg
- ✓ pinch of sea salt
- ✓ 2 tbsp fresh lemon juice
- ✓ 1/2 cup water



## FOR THE TOPPING:

- 1/4 cup King Arthur white whole wheat flour
- 1/4 cup King Arthur all purpose flour
- 2 tbsp granulated sugar
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 2 tbsp chilled light butter, cut into small pieces (I used Land O Lakes)
- 1/3 cup low-fat buttermilk
- 1 tbsp canola oil
- 1 tsp light brown sugar (unpacked)

## DIRECTIONS:

- In a large heavy pot, **combine** all of the apple filling ingredients and simmer on low heat for about 25 minutes, gently **stirring** occasionally until the apples are soft. **Divide** warm apples into 6 (8 oz) ramekins.
- Preheat** the oven to 400°. In a medium bowl, **whisk** flours, granulated sugar, baking powder, baking soda and salt. **Cut** in chilled butter (must be cold) using a pastry cutter (or 2 knives) until pebble-sized pieces are formed.
- In a small bowl **combine** buttermilk and oil; **mix** well. **Add** to the dry mixture and **mix** until just moistened, careful not to over-mix. **Spoon** the batter over the apples in the ramekins.
- Sprinkle** with brown sugar and bake 30 minutes, until apples are bubbling and the topping is golden. Let it **stand** 8 to 10 minutes before eating.

**Found on:** [skinnytaste.com](http://skinnytaste.com)