

Low-Glycemic Berry & Apple Cobbler

A blood sugar-friendly dessert featuring antioxidant-rich berries and apples with a whole-grain topping. Perfect for satisfying sweet cravings without the glucose spike.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 6

GL 16.4 / GI 53

Ingredients

fresh raspberries

fresh blueberries

chopped apples

turbinado or brown sugar

ground cinnamon

lemon zest

lemon juice

cornstarch

egg white from large egg

soy milk

salt

vanilla extract

turbinado or brown sugar

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whole-wheat pastry flour

Instructions

Step 1

Preheat your oven to 350°F (175°C). Prepare six individual ovenproof ramekins (approximately 6-8 ounce capacity each) by lightly coating the interior of each with cooking spray to prevent sticking.

Step 2

Combine the fresh raspberries, blueberries, and chopped apples in a medium mixing bowl. Add 2 tablespoons turbinado sugar (or erythritol substitute), ground cinnamon, lemon zest, and lemon juice, then gently toss until the fruit is evenly coated with the seasonings.

Step 3

Sprinkle the cornstarch (or almond flour substitute) over the fruit mixture and stir thoroughly until completely incorporated and no white streaks remain. This will help thicken the fruit juices during baking. Set the bowl aside while you prepare the topping.

Step 4

In a separate clean bowl, whisk the egg white vigorously until it becomes frothy and slightly increased in volume. Add the unsweetened soy milk, salt, vanilla extract, remaining 1.5 tablespoons turbinado sugar (or erythritol substitute), and whole-wheat pastry flour.

Step 5

Stir the topping mixture with a spoon or whisk until all ingredients are well combined and you have a smooth, pourable batter with no flour lumps remaining. The consistency should be similar to thin pancake batter.

Step 6

Distribute the berry-apple mixture evenly among the six prepared ramekins, filling each about two-thirds full. Carefully pour the whole-wheat topping over the fruit in each ramekin, spreading gently with the back of a spoon if needed to cover the surface evenly.

Step 7

Arrange all ramekins on a large rimmed baking sheet to catch any drips and make handling easier. Place the baking sheet in the preheated oven on the center rack.

Step 8

Bake for approximately 30 minutes, until the fruit filling is bubbling vigorously around the edges, the fruit is tender when pierced with a fork, and the topping has turned golden brown and springs back when lightly touched. Remove from oven and allow to cool for 5-10 minutes before serving warm. Each ramekin is one serving.