AMERICAN · DESSERT

# Keto Berry Cobbler with Almond Crumble Topping

35 min · Makes 6 × 1 serve (1/6 of the pan) · 130 kcal a portion · Video 6:09 · Katherine Michelle

Vegetarian · Gluten-free ingredients

Mostly berries under an almond-flour and butter crumble, sweetened with monk fruit instead of sugar: about 6 g net carbs and nearly 4 g fibre a serve.

**Diet notes:** Keto (6.1 g net carbs a serve).

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## Ingredients

7 · MAKES 6 × 1 SERVE (1/6 OF THE PAN)

- [ ] 3 cups **frozen mixed berries** (strawberries, blackberries, blueberries, raspberries)
- [ ] 2 tbsp **monk fruit sweetener**, for the berries
- [ ] ¼ tsp **xanthan gum**
- [ ] 1 tsp **lemon juice**
- [ ] ⅔ cup **almond flour**
- [ ] 2 tbsp **monk fruit sweetener**, for the topping
- [ ] 2 tbsp **butter**, melted

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 375°F. 0:50
2. In a bowl mix the berries (fresh or frozen) with 2 tbsp monk fruit sweetener, the xanthan gum and lemon juice, lightly mashing any big strawberries. 1:44
3. Pour the berry filling into a 8 inch square baking dish and spread it evenly. 2:35
4. For the topping, stir the almond flour, the other 2 tbsp sweetener and the melted butter together for about a minute, until it forms a crumbly dough. 3:13
5. Scatter the crumbly topping over the berries with your fingers. 3:56
6. Bake 20–25 minutes, until the top is golden and the berries are bubbling. Let it cool a little before serving. 4:18

> **Tip** Serves 6 (our estimate). Any berries work, fresh or frozen. The cook suggests a scoop of low-carb vanilla ice cream on top.

The method is a summary in our words — the video shows every step.

## One portion, 1 serve (1/6 of the pan), gives you

1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 130 kcal | 3 g | 9.9 g | 3.8 g | 9.6 g | 0 mg |
| 540 kJ | 6% of a day | 6.1 g net · 5.1 g sugars | 14% of a day | 2.8 g saturated | 0% of a day |
| | | 4% of a day | | 12% of a day | |

**Energy from** net carbs 20% · protein 10% · fat 70% — fits keto: 6.1 g net carbs, 70% of the energy from fat

**High in** (20%+ of a day) Vitamin E 23% · Vitamin C 20%

**Recipe and video:** Katherine Michelle (@KatherineMichelle) on YouTube — youtube.com/watch?v=AfDbZJlkl1M, published 9 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-mixed-berry-cobbler-almond-topping