Fresh Summer Strawberry and Peach Cobbler

Description

It's summer time, the strawberries and peaches are in season, and that means time for a fresh summer fruit cobbler. Made with whole wheat flour, and no butter, this fruit cobbler tastes great with out all of the calories.



Summary

Yield: 8
Prep Time: 1 hour
Category: Pies
Cuisine: American
Tags: Whole Wheat, summer, strawberry, cobbler

Ingredients

- 2 1/4 cup fresh peaches, sliced
- 1 cup fresh strawberries, sliced
- 1/2 cup all purpose flour
- 1/2 cup whole wheat flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 2 large eggs
- 1/2 cup light brown sugar
- 1/2 cup buttermilk
- 1 tsp vanilla extract
- 1 tbsp fresh lemon juice
- confectioners sugar - optional

Instructions

Preheat oven to 375° F with the oven rack in the center position. Coat an 8" or 9" cast-iron skillet

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with baking spray (with flour).

In a mixing bowl, combine the all purpose flour, whole wheat flour, baking powder and baking soda, whisk thoroughly.

In a separate bowl, beat the eggs and brown sugar with an electric mixer on medium-high speed until well combined. Add the buttermilk and vanilla extract, continue beating until smooth and thoroughly mixed. Fold in the other dry ingredients, stir until just combined. Pour the mix into the skillet.

In a bowl, toss the peaches and strawberries with the lemon juice. Spoon the fruit mixture evenly over the batter in the skillet. Place the skillet in the oven, bake until the cake is golden brown and set in the middle and the fruit is tender, about 30 to 35 minutes.

Cool slightly before cutting into pie slice wedges. Dust with confectioners' sugar if prefer.