

# 60 Days to Reclaim YOUR Health



## PEACH AND BLUEBERRY COBBLER

By Jackie Graff of *Sprout Raw Food*

### Ingredients

8 fresh or frozen peaches, peeled and seeds removed (or mango or nectarine)  
6-8 medjool dates or more to taste (pre-soaking softens)  
1/2 tsp unrefined sea salt  
1 Tbsp ground psyllium  
1-2 cups blueberries, fresh if possible (or any berry)

### Topping

1/2 cup pecan pieces  
1/2 cup walnut pieces  
3/4 cup medjool dates  
1/4 tsp unrefined sea salt  
1 tsp vanilla powder (use vanilla flavoring if you do not have a vanilla bean)

### Directions

1. Place 1/2 of the peaches in a blender with the dates and sea salt. Blend well.
2. More dates may be added if a sweeter taste is desired.
3. Add psyllium and blend well.
4. Let the mixture sit for 5 minutes.
5. Chop the remaining peaches, placing them in a bowl.
6. Blend the blended peaches again and add to the chopped peaches.
7. Place in glass cobbler dish and stir in blueberries.
8. Sprinkle on topping.

**A raw cobbler? Yes – and a good one, too! You'll love all the fruit, nuts, and awesome flavor of this chilled treat.**