

Low-Carb Single Serve Peach Cobbler

Hands-on 10 minutes Overall 35 minutes

Nutritional values (per serving, 1 cobbler): Total carbs: 10.7 g, Fiber: 3.4 g, **Net carbs: 7.3 g**,

Protein: 6 g, Fat: 24.8 g, Calories: 273 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Peach base:

- 2 medium peaches, stones removed and sliced (225 g/ 8 oz)
- 2 tbsp [Sukrin Gold](#) brown sugar substitute, [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 1/4 tsp [cinnamon](#)
- 1/8 tsp nutmeg
- 1 tbsp fresh lemon or lime juice (15 ml)
- 2 tbsp unsalted butter or virgin [coconut oil](#) (28 g/ 1 oz)

Topping:

- 1 cup [almond flour](#) or ground [sunflower seeds](#) (100 g/ 3.5 oz)
- 2 tbsp [Sukrin Gold](#) brown sugar substitute, [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 2 tbsp unsalted butter or virgin [coconut oil](#) (28 g/ 1 oz)
- Optional:* dust with powdered low-carb sweetener and [cinnamon](#) and serve with whipped cream or [coconut cream](#)

Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Halve the peaches and remove the stones. Slice the peaches into small wedges and then cut each wedge in half.
2. Divide the peaches between four 1-cup ramekins.
3. Sprinkle with 2 tablespoons of the sweetener and cinnamon.
4. Add lemon or lime juice and 2 tablespoons of butter (or coconut oil). Bake for 20 minutes, mixing half way to ensure even cooking.
5. Meanwhile, prepare the crumble topping. Place the almond flour (or ground sunflower seeds for nut-free), remaining butter and remaining sweetener into a bowl and mix using a fork or hand until cookie-like dough is formed.
6. After 20 minutes, once the peaches are soft, add the crumble on

top, and place back in the oven for 5 to 8 minutes.

7. Remove from the oven and let them cool down for a few minutes.
8. Optionally, dust with powdered low-carb sweetener and cinnamon. The cobblers will crisp up as they cool down. You can optionally serve these with whipped cream, sour cream, full-fat yogurt, clotted cream or coconut cream.
9. Let the cobblers cool down to room temperature and store in the fridge for up to 5 days.

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