

Whole Wheat Blueberry Cobbler with Freshly Milled Flour

Prep: 5 minutes • Cook: 40–45 minutes

Juicy blueberries bake beneath a buttery, golden whole-wheat crust, with freshly milled flour lending a nutty depth and tender crumb to this comforting summer dessert.

Ingredients

- 4 cups blueberries (washed and dried)
- 1/3 cup sugar
- 1 teaspoon lemon zest (approximately one lemon)
- 6 tablespoons butter
- 1 cup whole wheat flour (freshly milled; soft white wheat recommended)
- 1/2 cup cane sugar
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2/3 cup milk

Instructions

1. Rinse and dry the blueberries.
2. In a bowl, gently stir together the blueberries, 1/3 cup sugar, and lemon zest.
3. Preheat the oven to 350°F. Place the butter in a 9 x 13-inch baking dish and put it in the oven until melted; do not let it burn.
4. In a separate bowl, combine the flour, cane sugar, baking soda, baking powder, and salt. Stir to mix, then add the milk and whisk until just combined.
5. Pour the batter over the melted butter in the baking dish (do not stir).
6. Evenly spoon the blueberry mixture over the top of the batter.
7. Bake for 40 to 45 minutes, until the crust is golden brown and the filling is bubbling in the center.
8. Cool 15 to 20 minutes before serving to help the cobbler set.

Tags: Dessert, Blueberry, Whole Wheat, Cobbler, Baked, Summer

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