



Cherry Berry Sweet Potato Cobbler with Banana-Mango Nice Cream

Recipe created by Carlene McIntyre

This is a healthy cobbler that uses fruit and date syrup as sweeteners, with no added sugar. It can be served warm or cool. I like to serve mine flipped over so that the cherries & blackberries are on top, along with a scoop of nice cream.

Ingredients

Cobbler:

- 1-10 ounce package of frozen blackberries
- 1-10 ounce package of frozen dark sweet cherries
- 1 medium sweet potato (approx. 1 and ½ cups, after cooking)
- 2 cups rolled oats
- 2 tsp cinnamon
- ⅓ cup date syrup

Nice Cream (optional, but good):

- 2 very ripe bananas
- ½ cup frozen mango

Preparation

- Slice and freeze 1 of the bananas ahead of time.

Cobbler:

1. Bake the sweet potato until soft. Let it sit until it's cool enough to handle.
2. After baking the sweet potato, preheat the oven to 350 degrees.
3. Peel the baked sweet potato, place it in a large bowl, and mash with a fork until there are no lumps.
4. Add date syrup to the bowl and mix well.
5. Add rolled oats and cinnamon and stir until mixed.
6. Place the blackberries and cherries in a 9-inch non-stick baking pan. Stir slightly to mix them together and spread out evenly in the pan.
7. Spread the sweet potato-oat mixture evenly over the cherries and blackberries.
8. Bake for 40 minutes.
9. Let cool and serve warm or cover and refrigerate.



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Nice Cream:

1. Slice the room-temperature banana & add to a high-speed blender.
2. Add the frozen banana and mango & blend until smooth.
3. Add a scoopful to the top or side of the cobbler.
4. Store unused portions in a covered container in the freezer.

Notes

- You can use any color sweet potato. I like to use orange ones for this recipe because they're so soft and creamy. I baked the potato at 400 degrees for about 45 minutes, but your baking time may be different, depending on your oven.