

BUCKWHEAT RHUBARB COBBLER RECIPE - gluten free, dairy free, sugar free version

from [Stuff I feed Brian" blog](#)

Ingredients

- 1 cup **buckwheat groats**, soaked for about 30 minutes
- ½ cup **brown rice flour**
- 1 tsp **baking powder**
- cinnamon**
- 6-8 Tbsp **honey***
- 2 Tbsp **coconut oil**
- 1 Tbsp **chia seeds** (stirred into 8 Tbsp water to make chia gel)
- 4-6 stalks **rhubarb**, sliced thinly (about 2-3 cups)
- ½ tsp **lemon zest**

** for a vegan option replace honey with maple syrup or agave*

Preparation

- 1.** Preheat oven to 400°F. If using solid coconut oil, scoop a teaspoon of the coconut oil onto a glass casserole dish that has a lid. (a 8"x8" or a 9" diameter round dish is good). Place in the warming oven for a couple minutes to liquefy the oil and then tilt the pan to grease the dish.
- 2.** Place your chopped rhubarb in the baking dish and mix gently with the lemon zest, 1 Tbsp of honey, and about 3 Tbsp of water.
- 3.** Mix together your gluten free flour and baking powder in a bowl.
- 4.** Drain the soaked buckwheat. Mix together the buckwheat, chia gel and 1 Tbsp liquefied coconut oil.
- 5.** Mix the dry ingredients with the wet ingredients as well as some cinnamon and the remaining honey.
- 6.** Plop your buckwheat mixture on top of the rhubarb and cover. Bake at 400°F for 15 minutes. Then lower the temperature to 350°F, uncover the dish, and bake for about 30 more minutes or until golden brown on top.

NOTE While this is a great, naturally sweetened dessert, I also justified eating leftovers for breakfast because buckwheat and fruit are both breakfast foods. Tasted great with yogurt on top.