



# Peach and Blackberry Galette

12 Servings • 1 Serving = 1 Slice

Adapted from The New Sonoma Diet by Connie Guttersen, RD, PhD

## INGREDIENTS

- 3 cups peaches, deseeded and cut into 1/4" wedges
- 1 cup blackberries
- 2 ounces unsweetened applesauce
- 2 Tablespoons brown sugar
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla
- 1 Tablespoon cornstarch
- Pinch of salt
- 1/2 cup whole wheat pastry flour
- 1/2 cup unbleached all purpose flour
- 1 teaspoon sugar
- 1/2 teaspoon baking powder
- 2 Tablespoons oat bran
- 2 Tablespoons cold butter, cut into 1/4" pieces
- 2 Tablespoons canola oil
- 1/2 teaspoon white vinegar
- 2-4 Tablespoons cold water

## DIRECTIONS

1. Preheat oven to 425°F.
2. Combine peaches, blackberries, applesauce, sugar, lemon zest, vanilla, cornstarch, and salt into a bowl.
3. Mix the flours, sugar, baking powder, oat bran, and salt into a bowl. Cut in the cold butter with a fork until it's the size of mini chocolate chips.
4. Stir in oil and vinegar. Add just enough water to bring the dough together. It should still be a little dry.
5. Gather dough into a ball and form a flat disk. Wrap in plastic wrap and chill in the refrigerator for at least 30 minutes.
6. Lightly spray two sheets of parchment paper with cooking spray. Place pie dough between the sheets and roll 1/8" thick. To prevent sticking, periodically peel the papers from the dough and replace dough between them. Once the dough is the desired thickness, remove the top sheet of the paper, keeping the pie crust on the bottom sheet. Place on a sheet pan for a galette or flip the dough over into a pie pan and peel off the parchment; gently press into the pie pan. Chill for 30 minutes before baking.
7. Once chilled, sprinkle the crust with the ground almonds and scoop the fruit mixture into the center of the pie crust, leaving a 1" rim around the outside. Be sure to include the juices.
8. Using parchment paper, gently fold the 1" rim over the edge of the fruit all around the galette. Sprinkle the sliced almonds on top.
9. Bake the galette on the bottom rack of the oven for 50 minutes, turning halfway through. The fruit juices should bubble and thicken, and the crust should be lightly brown.
10. Remove from the oven, brush the edges with the syrup, and let cool for 20 minutes before slicing.

Nutrition Facts	
12 servings per container	
Serving size	1 slice
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 105mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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