

Fruit Clafoutis

Yield: up to 8 servings

Clafoutis is a baked French dessert that is typically made by baking fresh fruit and a batter in a baking dish. Here, our trick is to concoct a batter that conforms to the Natural Eating principles.

4 tablespoons raisins (about 2 ounces)
1 tablespoon dark rum
1 banana, ripe
1 teaspoon lemon juice
3-4 nectarines (about 14 ounces)
3 eggs
1 $\frac{1}{2}$ teaspoon fructose, or to taste
1 teaspoon vanilla extract
 $\frac{1}{2}$ cup of almond milk or coconut milk (120 ml)
12 tablespoons (about 1 cup) almond meal
olive oil spray

1. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.
2. With a fork mash the banana and mix in the lemon juice. Set aside.
3. Wash and dry the apricots. Cut them in thin slices. Set aside.
4. Meanwhile beat in a mixing bowl, with an electric hand-mixer, the eggs with the fructose and the vanilla extract. Add the almond milk (or coconut milk) and mix in the almond meal.
5. Blend in the mashed banana. Add the nectarine slices.
6. Spray a round and flat baking dish (10-12 inches diameter) with the olive oil and fill with the mixture.
7. Spread out the raisins evenly over the surface of the dish and press in with a fork.
8. Bake in a preheated oven at 340°F (170°C) for about 20-25 minutes, or until the center of the dish is done.
9. Alternatively cook the clafoutis in a micro-wave oven on high power for about 10-12 minutes, or until the center of the dish is cooked.

Quick Fix Variant:

Replace the fresh nectarines by frozen or drained, canned fruit (e.g. frozen strawberries, canned peach slices, etc).