



Very Berry Lemon Light Clafoutis

A puffed oven-baked pancake for a French brunch or dessert

Eggs are a great package deal for your eyes!

The zinc helps use lutein and zeaxanthin from its yolk.

1 cup all-purpose flour

1/2 cup granulated sugar

1/4 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon nutmeg

3 organic eggs, slightly beaten

1/2 cup Greek plain or lemon yogurt

1 (13.6 oz.) can lite coconut milk

1/2 Tablespoon grated lemon peel

1/2 Tablespoon vanilla extract

1-1/2 cups fresh blueberries

2 Tablespoons organic butter, cut into bits

Serve with dollops of blueberry or lemon yogurt

Garnish: flaked coconut as desired

Preheat oven to 350 degrees F. Spray 11 to 12-inch quiche dish or round baking dish with baking spray with flour

In a mixing bowl, stir together flour, sugar, salt, cinnamon, and nutmeg. In another bowl, whisk eggs with yogurt, coconut milk, lemon peel, and vanilla extract.

Stir the wet mixture into dry ingredients until lumps are gone and mixture is combined. Pour batter into prepared pan. Scatter blueberries over batter and dot top with butter bits.

Bake in preheated oven for 40 to 50 minutes or until clafoutis is barely set. Serve warm or at room temperature for brunch or dessert with a dollop of blueberry or lemon yogurt and a sprinkle of flaked coconut.

Serves: 6 to 8

Cook's Note: This dish is also spelled clafouti or clafoutis. Expect it to puff up and then deflate like a souffle and it might crack. Also expect the blueberries to release lots of juice. I used 2 cups of berries but then reduced it to 1-1/2 cups. You can make this dish using other fruits or berries. I used plain yogurt with my clafoutis because I like a light lemon flavor.

Inspired by: Organic Valley recipes

About the Recipe: This dessert dish originated in the French countryside. The sweetened batter will remind you of an oven puffed pancake. Most times, cherries are used as the fruit, but any stone fruit, pears, or other berries can be substituted. This is one of those desserts to make your own way. Serve it with a thick cream, yogurt or even whipped cream.