



FRUITY CLAFOUTIS

Ingredients:

- 50G BUTTER
- 375G FRESH APRICOTS
- 150G FRESH RASPBERRIES
- 100G HONEY
- 3 LARGE EGGS
- 100G PLAIN FLOUR
- 1 TSP ICING SUGAR

Method

- PREHEAT THE OVEN TO 180°C. GREASE A QUICHE DISH (NOT LOOSE BOTTOMED) OR ROUND BAKING DISH.
- MELT HALF THE BUTTER IN A FRYING PAN OVER A LOW-MEDIUM HEAT. ADD THE APRICOTS. COOK FOR 2-3 MINS, STIRRING OCCASIONALLY, UNTIL SOFTENED SLIGHTLY AND BEGINNING TO TURN GOLDEN. SET ASIDE TO COOL SLIGHTLY.
- MELT THE REMAINING BUTTER IN A MICROWAVE OR SMALL SAUCEPAN. IN A LARGE BOWL, WHISK THE EGGS WITH THE HONEY UNTIL LIGHT AND FROTHY. FOLD IN THE FLOUR WITH A METAL SPOON, THEN GENTLY STIR THROUGH THE MELTED BUTTER.
- SCATTER APPROXIMATELY HALF OF THE APRICOTS AND ALL OF THE RASPBERRIES OVER THE BASE OF THE BAKING DISH. EVENLY POUR THE BATTER OVER THE FRUIT, THEN ADD THE REMAINING APRICOTS.
- BAKE FOR 30 MINS UNTIL GOLDEN, SET AND PUFFED UP. ONCE COOLED, DUST WITH ICING SUGAR.

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Nutritional Information

APRICOTS - APRICOTS ARE HIGH IN ANTIOXIDANTS, THEY PROMOTE EYE HEALTH, BOOST SKIN HEALTH, PROMOTE GUT HEALTH, ARE HIGH IN POTASSIUM, VERY HYDRATING AND HELP PROTECT YOUR LIVER.

RASPBERRIES - RASPBERRIES ARE LOW IN CALORIES BUT HIGH IN FIBER, VITAMINS, MINERALS AND ANTIOXIDANTS. THEY HELP PROTECT AGAINST DIABETES, CANCER, OBESITY, ARTHRITIS AND OTHER CONDITIONS AND EVEN PROVIDE ANTI-AGING EFFECTS.

HONEY - HONEY HAS BEEN LINKED TO HEALTH BENEFITS LIKE IMPROVED HEART HEALTH, WOUND HEALING, AND BLOOD ANTIOXIDANT STATUS. IT IS RICH IN ANTIOXIDANTS, IS A "LESS BAD" SUGAR FOR DIABETICS, CAN HELP IMPROVE CHOLESTEROL AND CAN LOWER TRIGLYCERIDES. IT IS SOMETIMES USED TO AID OFF COLDS & FLU.

EGGS - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGG WHITE, WHICH ALSO INCLUDES VITAMIN B2. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.