



Clafoutis

2 eggs
2 egg whites
3/4 c. rice milk
1/2 c. spelt flour
1/4 tsp. sea salt
1/2 tsp. pure almond extract
1/4 c. xylitol, divided
olive oil cooking spray
30 cherries, pitted

Preheat oven to 425°. In a blender, combine eggs, egg whites, milk, flour, salt, almond extract and all but 1 Tbsp. xylitol. Mist a 9-inch ovenproof skillet with cooking spray and place on medium-high heat. Add cherries to skillet and sprinkle with remaining 1 Tbsp. xylitol. When xylitol has just begun to melt, pour prepared batter over cherries. (Since skillet is on stovetop, batter will immediately begin to set.) Transfer skillet to oven and cook for 20 minutes, until set in center. Serve warm.

adapted from Clean Eating



 BERGLUND
Health & Wellness Center
262.925.8600