



# Cherry Clafoutis



Serves: 3 / 380 kcal and 15 g protein per serving

## INGREDIENTS

450 g cherries, pitted  
2 tbsp cherry, plum, or apricot jam  
50 g plain flour  
3 large eggs  
450 ml whole milk  
1/2 tsp ground cinnamon  
3 tbsp golden caster sugar  
Finely grated zest and juice of 1  
lemon

## NOTES

Choose your favourite fruit - it  
does not have to be cherries!

Serving with custard is practical  
way to fortify the clafoutis .

## DIRECTIONS

1. Gently heat the cherries and jam in a large saucepan, stirring all the time until the jam melts over the cherries.
2. Tip into a greased, shallow 1.3 litre baking dish.
3. Sprinkle over the lemon zest and juice.
4. Whizz the flour, eggs, milk, cinnamon, and sugar in a food processor for 30 seconds until smooth.
5. Pour over the cherries, then put the dish on a baking tray and bake at 190°C (170°C fan assisted) for 25–30 mins or until the custard is set and the jam is beginning to bubble through.

