

THE HEALTH BOOST

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french cherry clafoutis



Reworking childhood recipes with a healthier twist is one of my favourite kitchen challenges. I strongly believe in enjoying old fashioned foods. French classics such as clafoutis are delicious, seasonal and the opposite of fussy. Try this no refined sugar, gluten and dairy free version and share with family and friends this summer!

INGREDIENTS

Serves 6

500g black cherries
50g whole buckwheat flour (we use Rude Health)
50g ground almonds
3 eggs lightly beaten
200ml unsweetened almond milk
75ml maple syrup
1 teaspoon vanilla extract
pinch of salt
coconut oil to grease

METHOD

prep time 20mins

cook time 25-30mins

- Preheat oven to 180°C
- Lightly grease a baking dish with coconut oil
- Wash and stone the whole cherries and scatter in greased dish
- In a bowl add the 3 eggs and beat lightly
- In a large bowl add the flour and almonds and mix well
- Make a well in the centre and pour in the eggs
- Beat together with a whisk until smooth
- Add vanilla, maple syrup and almond milk and mix well

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- Add a pinch of salt
- Pour the batter over the cherries
- Slide in the oven for around 25-30 minutes or until golden and a skewer inserted comes out clean

THE HEALTH BOOST TIP!

Whole buckwheat is naturally gluten free. Buckwheat is also NOT wheat, and not a grain!

This healthier version of a 19th century French classic, can also be delicious made with plums later in the season.

Now for the really good news, cherries are packed with beta carotene, vitamin C and antioxidants and have a variety of positive benefits for your health.

Eating 2 cups of cherries a day has been shown to reduce uric acid levels in the body and so help with gout.

Cherries are packed with potassium and so may help to lower blood pressure.

Tart cherries can also help you get a better night's sleep as they contain melatonin, a hormone that makes us sleepy.

Finally, cherries have also been known to reduce muscle soreness in athletes.