

Blueberry Clafouti

Ingredients

1 1/2 pints blueberries, washed and drained
4 eggs
1 cup sugar
1 cup 1% milk
3/4 cup all-purpose flour
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
Pinch of fine salt
Powdered sugar, for dusting

Directions

1. Preheat oven to 350F.
2. Place blueberries in the bottom of a small, rectangular glass pan.
3. In a medium bowl, crack eggs and whisk. Add sugar and whisk until mixture thickens and is pale yellow.
4. Add milk, lemon juice and lemon zest. Whisk to combine. Add flour and whisk to combine. Lastly, add salt until and whisk until just incorporated.
5. Bake on center rack until the center has puffed and bounces back when lightly pressed, about 45 minutes, rotating once.
6. Remove from oven. Let cool slightly before cutting. Slice into 8 pieces and remove from pan with spatula. Dust lightly with powdered sugar and serve immediately.

Nutrition Information makes 8 servings (serving size = 1 slice)

Per Serving

Calories: 220
Fat: 2.5g
Saturated Fat: 1g
Cholesterol: 90mg
Sodium: 85mg
Carbohydrate: 44g
Fiber: 2g
Protein: 6g



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