

## Pear & Almond Clafoutis



### Makes:

4 - 6 servings

### Utensil:

1 ½ Qt./1.4 L Sauce Pan with Cover  
medium mixing bowl

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### Recipe Description:

Clafoutis is a baked French dessert. Fruit is baked into a simple custard like batter and then served warm or at room temperature. This dessert cooks quickly on the stovetop in the Saladmaster 1.5 Qt. (1.4L) Sauce Pan and can be made with a variety of seasonal fruits and berries.

3

large  
eggs

<sub>1</sub> ?<sub>3</sub>

cup  
coconut sugar or other dry sweetener  
(65  
g)  $\frac{1}{4}$

teaspoon

sea salt

(2

g)

1

teaspoon

vanilla extract

(5

ml)

$\frac{1}{2}$

cup

whole wheat pastry flour, or organic unbleached flour

(60

g)

1

ripe

pear, cleaned, core removed and diced

1

tablespoon

chopped almonds

(10

g)

$\frac{1}{4}$

teaspoon

ground cinnamon

(1

g)

**Directions:**

1. In a medium bowl, combine eggs, sugar, salt, vanilla and flour. Whisk thoroughly.
2. Preheat sauce pan over medium heat for approximately 7 - 9 minutes, or until several drops of water sprinkled in pan skitter and dissipate. Lightly spray inside of pan with cooking spray.
3. Pour batter into pan. Carefully add chopped pears into batter, spreading them out evenly around pan.
4. Place cover on pan. When Vapo-Valve? begins to click steadily, reduce heat to low.
5. Cook Clafoutis for 35 minutes or until batter is cooked through. Turn heat off and let Clafoutis rest for 5 minutes.
6. Garnish top of Clafoutis with chopped almonds and cinnamon.
7. Serve warm or at room temperature, directly from sauce pan.

### Tips:

- Substitute whole wheat pastry flour with a gluten-free flour blend.

### Nutritional Information per Serving

Based on 4 servings

**Calories:**

215

**Total Fat:**

5g

**Saturated Fat:**

1g

**Cholesterol:**

14mg

**Sodium:**

201mg

**Total Carbs:**

37g

**Dietary Fiber:**

4g

**Sugar:**

19g

**Protein:**

7g