

Fruit loaded mini cherry clafoutis

Takes 40 minutes, makes 8 mini clafoutis and uses a muffin tin

INGREDIENTS

Approximately 350g cherries (I used 4 per clafoutis),
pitted and quartered

75g white (refined) spelt flour

75g ground almonds

2 large eggs, gently beaten

40g melted butter, plus extra for greasing

1 lemon, zest only

175ml coconut milk

1 teaspoon vanilla extract

Optional extra for those not cutting down on sugar:

Maple syrup to drizzle.

DIRECTIONS

Pre heat your oven to gas mark 7, 425°F, 218°C, 198°C fan.

Grease the muffin tin well with the extra butter.

Sift the flour and almonds into a mixing bowl, then add the lemon zest. Add the eggs and whisk until combined into a thick paste (you will need to use a spatula or knife to remove the batter from the whisk).

Add a small amount of coconut milk (about 30ml) to your bowl and whisk it until well combined and smooth (again, scrape the lumps out your whisk). Add another portion of coconut milk and whisk until smooth. Continue this process, adding more milk each time until all the coconut milk is combined and you have a smooth batter. Now mix in the butter and vanilla extract.

Roughly fill each muffin tin hole nearly to the top with cherries, but don't squish or push them in, just loosely fill it. Now pour the batter in until it comes level with the top of the cherries.

Place in the oven for 15 minutes, or until the top has taken on a light colour.

Remove from the oven, run a knife around the edge of each muffin hole and then remove the clafoutis by either inverting the pan onto a plate, or gently easing them out with a plastic spatula.

