

CHOCOLATE PEAR CLAFOUTIS

INGREDIENTS

Serves 5-6. 10 mins prep + 25 mins baking

- 1 tbsp butter or coconut oil
- 220ml milk of your choice. I used unsweetened soya. If using dairy then whole milk is best.
- 50ml of good quality maple syrup
- 1 tsp each vanilla extract & ground cinnamon
- 3 eggs, best quality you can afford
- 65g ground almonds
- 3 tbsp unsweetened cocoa powder
- 2-3 pears, depending on size
- 50g dark chocolate, finely chopped
- 40g pecans pieces
- Optional—a little apple brandy

METHOD

1. Turn the oven to 200 fan / 220 not fan
2. Use the butter / oil to grease a baking dish of about 23cm.
3. In a large bowl whisk the wet ingredient (milk, eggs, vanilla, maple)
4. Then continue whisking in the ground almonds, cocoa and cinnamon
5. Let that stand for a moment whilst you prepare the pears.
6. Peel and core the pears, then slice each into 6-8 depending on their size. If you like you can brush with a little apple brandy or pear liquor. Arrange them in the dish in any way you like!
7. Whisk the batter briefly again then pour into the baking dish.
8. Sprinkle over the chopped chocolate and the pecans, then carefully put in the oven.
9. Bake for about 20-25 minutes, cooking time will depend on your oven and what size baking dish you used (wider cooks quicker). Remove from the oven when it still has a slight wobble in the middle.
10. Leave to stand for at least 5 minutes, then enjoy.



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Delicious with some vanilla ice-cream (dairy or plant).



HEALTH BENEFITS

Dark Chocolate is healthier than milk or white because it has a higher content of cocoa beans. Cocoa beans are a great source of protein, health fat, antioxidants. Also well known for its mood enhancing qualities, partly because the beans contain small amounts of caffeine.

There is an issue with eating small amounts of good quality, high cocoa %, dark chocolate, as part of a balanced diet. The problem for many people is stopping after a small amount, or eating the wrong chocolate in the 1st place.

Eggs provide more nutrients per calorie than any other animal food, except milk. Often described as a perfect source of protein, rich in selenium (great for good moods), Vitamin A, many B vitamins, iron, phosphorous, calcium, magnesium & potassium. Try to buy organic, or at least free range.

Pears are an amazing fruit, enjoy them at their best in the Autumn. Particularly with the skin on their great for the gut due to their fibre content, plus a great source of Vitamin C & K, potassium and copper. Due to their natural sweetness they are helpful to those with a sweet tooth, and have a natural affinity with chocolate.



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