

Creamy Kiwi-Apple Clafoutis - Soy-Free and Milk-Free!

The first time I tasted kiwi was at a summer wedding, when I was about ten years of age. After daring my first bite of the bright green slices, no one could keep me away from the food table. I must have eaten the entire platter. Since then, I have always associated kiwifruit with summer. So imagine my surprise when I discovered that we are coming near the end of kiwi season, which runs from November to May. So before the best fruits slip away and we find ourselves smack dab in melon season, enjoy some kiwis sliced for a snack, or in this lovely and rich dairy-free, gluten-free, wheat-free, soy-free, and nut-free clafoutis from Foods Matter Magazine ...

APPLE AND KIWI CLAFOUTIS

Wheat, gluten, corn, soya, dairy & nut free

A very simple but warming dessert when the evenings are still cold.

2 large tart cooking apples, cored and sliced
5 kiwi fruit, peeled and sliced into rounds
2 tbs fresh or dried cranberries, pomegranate seeds,
red currants or blueberries
3 small eggs
1 1/2 tbs agave syrup or pale muscovado sugar
1 3/4 cups coconut milk

Heat the oven to 170C/ 325F/Gas Mark 3 1/2.

Lay the sliced apple out in a flan dish and cover it with the sliced kiwi fruit. Sprinkle over the loose fruit.

In a bowl beat the eggs with the agave syrup or sugar and the coconut milk.

Pour this over the fruit and bake, uncovered, for 40 minutes or until the custard is set.

Serve hot, warm or at room temperature.

SERVES 6 – PER PORTION

213cals – 6g protein

15g total fat – 11g sat / 1g mono / 0.5g poly

16g carbohydrate of which 13g sugar

2g fibre

39mg sodium / 0.09g salt

33mg calcium

GOOD SOURCE OF:

Vitamin C This above recipe was reprinted with permissions from Foods Matter (March 2009 issue), the magazine for food allergies and intolerances.