

Frugal Foodie Friday: Healthy Dutch Babies with a Chunky Blueberry-Maple Sauce

In speaking with Betsy Karetnick of Martha Stewart Living's Everyday Food, the topic of eggs came up. For most dairy-free foodies (aside from vegans or those with an egg allergy), eggs are not a problem, and can add some delicious options to your diet. Personally, I couldn't stomach eggs for many, many years, but lately they have been creeping onto my plate with increasing regularity. Of course, when you end up making a fresh-from-the-oven Dutch Baby with a Warm Blueberry Maple Cinnamon Sauce, you could probably convert almost anyone to an egg fan.

Most of the Dutch Baby recipes I spied were made with white sugar, white flour, and an unnecessary amount of butter. If I ate that way for breakfast, I would fall flat on my face by 9am. So, I reduced the butter significantly, and in fact changed it to coconut oil (though you could use a pat of dairy-free margarine), I subbed the flour with rolled oats (ground in 30 seconds into a flour), and used maple syrup as my choice of sweetener in moderation. Trust me, there was no sacrifice. This is a wonderful brunch-worthy recipe that you can actually feel good about eating. Plus, with the changes, the recipe is dairy-free, soy-free, and wheat-free (optionally gluten-free)!