

Recipe Name Apple Rum Raisin Clafoutis – serves 8

Ingredients:

- 5 medium Pink Lady apples (~1 3/4lb), peeled, cored and sliced into ¼” slices
- 4 Tbsp. vegan butter (I like Myoko’s), plus a bit more for greasing the dish
- ¼ cup dark rum (optional, but really good)
- ½ cup organic raisins
- 1/3 cup coconut sugar
- ½ cup granulated Allulose **OR** Monk fruit natural sweetener
- 1 ¼ cup heavy cashew milk (I made it with 1 cup cashews to 3 cups water), substitute: any nut milk **OR** combination nut milk and nut creamer
- 3 large eggs
- 1 Tbsp. vanilla extract
- ¼ tsp. cinnamon
- ¼ tsp. cardamom
- 2/3 cups GF flour (I used King Arthur’s measure for measure but any blend will do)
- Garnish: powdered sugar, cinnamon, coconut whipped cream or a dollop of vanilla DF ice cream

Directions

1. Grease a deep-dish pie pan with vegan butter. Preheat oven to 375. Place raisins in a small cup/bowl and cover with ¼ cup rum. Set this aside.
2. In a 12” skillet, melt 4 Tbsp. butter over medium heat. Once melted, add 1/3 cup coconut sugar, and stir until sugar is melted, simmering for about 2-3 minutes.
3. Add sliced apples and toss with butter and coconut sugar. Continue to cook, tossing occasionally until apples are tender but not mushy. Turn off heat. Pour about 2 Tbs. of the rum from the raisins into the apple mixture, toss and set aside.
4. In the bowl of your blender, add eggs, nut milk, ½ cup natural sweetener, vanilla, cinnamon, cardamom, the rest of the rum from your raisins, and flour. Cover and blend till smooth.



RECIPE

5. Pour a thin layer of batter into the bottom of the baking dish and bake just until batter firms (it will be somewhat solid and dull looking). Spread apple mixture evenly over baked batter, followed by the rest of the raw batter. Place pie pan onto a ½ sheet tray so that if anything cooks over it does not end up in your oven! Bake for about 45 minutes or until Clafoutis is puffed and golden and a toothpick comes out of the center cleanly.

Nutrition Facts

Servings: 8

Amount per serving

Calories **259**

% Daily Value*

Total Fat 4.8g 6%

Saturated Fat 0.8g 4%

Cholesterol 62mg 21%

Sodium 140mg 6%

Total Carbohydrate 51g 19%

Dietary Fiber 1.4g 5%

Total Sugars 31.8g

Protein 3.4g

Vitamin D 8mcg 40%

Calcium 388mg 30%

Iron 0mg 3%

Potassium 90mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. **2,000 calorie a day** is used for general nutrition advice.

Recipe analyzed by **verywell**