

Pear Blueberry Vanilla Clafoutis

Ingredients:

- Butter for greasing baking dish
- 1 teaspoon sugar for
- 2 eggs
- 1/3 cup light brown sugar
- 1 teaspoon vanilla extract
- 3/4 cup half and half
- Pinch of salt
- 3 tablespoons all-purpose flour
- 1 large or 2 small ripe pears
- 1/4 cup fresh or frozen blueberries
- Powdered sugar to taste

Directions

1. Preheat oven to 375°F.
2. Butter baking dish and dust with granulated sugar. Shake out excess sugar.
3. Peel and core the pear and slice it about 1/8 of an inch thick slices and arrange it in the baking dish. Scatter the fresh or frozen blueberries around and on top of the pears.
4. In the jar of a blender, combine the half and half, brown sugar, flour, vanilla, eggs and salt and blend for a minute or until the batter is smooth.
5. Pour batter over pears. Don't worry if they start to float.
6. Bake for 18 – 20 minutes or until the custard is puffed, slightly golden, and set. It should not jiggle.
7. Cool for a few minutes and enjoy warm or chilled. Dust with powdered sugar, if desired.

Nutrition Facts

Serving Size (149g)

Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 130mg **5%**

Total Carbohydrate 31g **10%**

Dietary Fiber 2g **8%**

Sugars 21g

Protein 5g

Vitamin A 6% • Vitamin C 4%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

