**Cherry Almond Clafouti**

Hello! I’m Ann from [Sumptuous Spoonfuls](http://sumptuousspoonfuls.wordpress.com/) and I feel so honored to be guest blogging at Lauren’s blog today. I am an engineer and mother of two teenagers and I love to cook and eat scrumptious, healthy food. I strongly believe you shouldn’t have to sacrifice taste to eat well, and that’s how I live.

This Cherry Almond Clafouti recipe is one of my favorites … I often eat it for breakfast. Surprisingly, for a fancy French custard dessert that I can’t even pronounce, it’s very healthy. Since I happen to know Lauren is into health (and I am too), I want to tell you a little about how healthy this dessert is for you.

First of all, there are the cherries. Tart cherries have anti-inflammatory and heart health benefits, and can help with pain from gout, arthritis and even post-exercise muscle and joint pain. Cherries help fight against cancers, aging and neurological diseases and pre-diabetes. They are rich in vitamin C, minerals and antioxidants including melatonin. Melatonin produces soothing effects on the brain neurons, calming down irritability, helping to relieve neurosis, insomnia and headaches.\*

This dessert is also packed with protein from the eggs and milk, and then there are the almonds! Almonds are one of the very healthiest nuts: high in protein, fiber, calcium, magnesium, potassium, vitamin E, and other antioxidants, almonds help prevent osteoporosis, regulate blood pressure, and they actually lower blood cholesterol levels.\*\*

All of that and yet it’s still delicious and it’s easy to make. It’s a warm, comforting custard-style dessert. I like that it’s not terribly sweet, too, but if you want to up the sweetness factor, try using sweet cherries instead of tart ones.

**Cherry Almond Clafouti**

Adapted from [Food.com](http://dessert.food.com/recipe/cherry-almond-clafouti-61900)

* 12 ounces large fresh pitted tart cherries or 12 ounces frozen cherries , thawed and drained (I used frozen ones from my dad’s cherry tree)
* ¼ cup sugar
* 3 tablespoons sliced almonds, toasted
* 3 tablespoons unbleached white whole wheat flour
* 1 pinch salt
* 3 large eggs , plus 1 egg white
* ¾ cup milk (I used 1%, but you can use any kind of milk you like)
* ½ teaspoon almond extract
* ½ teaspoon vanilla extract
* 4 teaspoons berry liqueur (Chambord) or cherry brandy
* A little bit of confectioners' sugar , for sprinkling
* 2 tablespoons sliced almonds , toasted, for garnish

**Directions:**

1. Preheat oven to 375°F. Spray four 1-cup capacity ramekins, or custard cups with cooking spray—or in lieu of the ramekins, just use a 2-quart baking dish.
2. In a small bowl, toss the cherries with 2 tablespoons of the sugar, then divide the cherries evenly among the ramekins.
3. In a food processor, combine the almonds, the remaining sugar, the flour, salt, eggs, milk, and almond and vanilla extracts. Process about 30 seconds, or until the almonds are ground and the mixture forms a smooth batter. (The batter will be thin. That’s okay.)
4. Pour the batter over the cherries in the ramekins, dividing equally.
5. Top each serving with 1 teaspoon of the liqueur, and bake 35 minutes, or until puffed and brown and set. The custard should spring back to the touch. (If using one large baking dish instead of ramekins, let it cook 45 minutes to an hour.)
6. Let cool until warm (they will sink slightly). Sprinkle with confectioners' sugar and garnish with toasted almonds, if desired. Serve warm.

\* Source of cherry health information: <http://www.nutrition-and-you.com/cherry-fruit.html>

\*\* Source of almond health information: <http://www.naturalnews.com/006109.html>