



ZERO WASTE CLAFOUTIS

By Food for Soul

Need a fancy dessert that is also zero-waste? Using overripe fruits with some sugar, plant milk, and flour, a beautiful fruit clafoutis can be prepared in a solar oven in time for dessert!

Custard lovers and pie lovers alike: Clafoutis is the dessert you need in your life - one of the easiest, most forgiving ever.

It's easier than both pie and custard, and best of all, it's adaptable: you can get creative with any kind of overripe leftover fruit you have in your fridge!

INGREDIENTS

- Any kind of overripe fruit left in your fridge
- 3 eggs [or replace with 40 gr of apple or banana puree for a plant based version]
- 100 gr sugar
- 90 gr flour
- 1 pinch of salt
- 1 pinch of vanilla
- 200 gr plant milk
- 20 gr brandy
- Powdered sugar

METHOD

- Cut up the overripe fruit you have left in the fridge and set aside. Line a baking tray with baking paper and dust the surface with a mix of flour and icing sugar, then place the fruit randomly.
- Mix the eggs with the sugar, and when the mixture starts to whip add the flour and a pinch of salt. Once the mixture is blended, add the milk and brandy. Continue mixing for an extra minute.
- Pour the mixture over the fruit in the pan and dust with icing sugar.
- Bake at 170° for 30 minutes.
- Let it cool and...enjoy!