

RASBERRY CLAFOUTIS



This recipe is from

Koko Dairy Free is a versatile milk alternative. Koko Dairy Free provides the same level of calcium as semi-skimmed milk and would be suitable if you have an intolerance to cow's milk protein intolerance, lactose, soya or nuts. Coconut is actually a fruit, so is suitable for Vegans and Vegetarians.

Ingredients:

- 8ozs (225g) fresh raspberries
- 4 free range eggs
- 125g plain flour
- 3 tablespoons runny honey
- 25g dairy free margarine
- 600ml KOKO Dairy Free milk

Nutritional Comparison		
Typical values per 100ml	Koko Dairy Free	Semi-skimmed Milk
Energy	106kJ / 27kcal	201kJ/47kcal
Protein	0.2g	3.6g
CHO Of Which Sugars	1.9g 1.6g	4.8g 4.8g
Fat Saturated Fat of which MCT Fat - Polyunsaturated Fat - Monounsaturated Fat	2.0g	1.8g
	1.9g	1.1g
	1.2g	
	nil	trace
	0.1g	0.4g
Calcium	120mg	124mg
Vitamin D2	0.75ug	trace
Vitamin B12	0.38ug	0.9ug
Phosphorus	73mg	97mg
Sodium	40mg	44mg
Potassium	26mg	161mg

Method:

Gently rinse the raspberries in cold water & drain.

Beat the eggs in a mixing bowl.

Whisk in the flour and honey.

Very gently warm the margarine and the KOKO Dairy Free in a saucepan.

Slowly whisk the lightly warmed KOKO Dairy Free milk into the egg and flour mixture to create a batter.

Put the raspberries into a greased 3 pint baking dish and cover them with the batter mixture.

Bake at 200C for about 35 minutes or until the blade of a knife inserted in the centre comes out clean.

Serve with dairy free ice cream or custard made with Koko Dairy Free milk.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk
