

Banana Clafoutis with Rum and Vanilla

YIELD: 4 SERVINGS

INGREDIENTS:

- 2 ripe bananas (250g)
- 3 eggs (150g)
- 250ml whole milk
- 60g brown sugar
- 60g all-purpose flour
- 30g melted unsalted butter
- 15ml dark rum
- 1 tsp (5ml) vanilla extract
- 1 pinch of salt
- Extra butter to grease the baking dish

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Grease a 20cm (8-inch) baking dish.
3. Slice the bananas and spread them evenly over the dish.
4. In a bowl, whisk the eggs with the sugar, then add the sifted flour, milk, rum, vanilla, melted butter, and salt.
5. Pour the mixture over the bananas.
6. Bake for 35–40 minutes until set and golden.
7. Let cool and dust with powdered sugar (optional).



Nutritional information (approx. per serving):

290 kcal | 7g protein | 12g fat | 36g carbohydrates | 3g fiber