FRENCH · DESSERT

Light Cherry Clafoutis Sweetened with Banana

40 min · Makes 4 × ¼ of the clafoutis · 254 kcal a portion · Video 4:08 · One day One recipe

Vegetarian · Gluten-free ingredients

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A French custard-and-cherry bake with no added sugar at all: ripe banana does the sweetening and ground almonds replace the flour, giving about 9 g of protein and a third of a day's vitamin E a serve.

Diet notes: Low saturated fat (2.1 g, 7% of the energy); DASH-friendly (50 mg sodium a serve).

Ingredients

9 · MAKES 4 × ¼ OF THE CLAFOUTIS

- [ ] 1 **ripe banana**
- [ ] 50 g **ground almonds**
- [ ] 2 **eggs**
- [ ] 1 tbsp **vanilla extract**
- [ ] 200 ml **milk**
- [ ] 40 g **starch** (potato or corn starch)
- [ ] 140 g **pitted cherries** (fresh or frozen)
- [ ] a small handful of **flaked almonds** (about 10 g), to top
- [ ] a little **ground almond** to dust (about 1 tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180 °C and line a small baking dish with baking paper. 2:27
2. Blend or mash the banana until smooth, then mix it with the ground almonds and beat in the eggs, vanilla and milk. 0:02
3. Put the starch in a small bowl and stir in a little of the batter until smooth, then mix it back into the rest so there are no lumps. 1:52
4. Pour the batter into the dish, dot the cherries over it (frozen ones can go straight in) and scatter the flaked almonds on top. 2:37
5. Bake for about 30 minutes, until set and golden. Leave to cool, then dust with a little ground almond instead of icing sugar. 3:04

> **Tip** Serves 4 (our estimate; the cook doesn't say). Swap the banana for 90 g unsweetened apple purée, or use any fruit. Plant milk (almond, coconut) works instead of dairy.

The method is a summary in our words — the video shows every step.

One portion (¼ of the clafoutis) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
254 kcal	9 g	28 g	3.6 g	12 g	50 mg
1,060 kJ	18% of a day	25 g net · 12 g sugars	13% of a day	2.1 g saturated	2% of a day
		10% of a day		15% of a day	

Energy from net carbs 41% · protein 15% · fat 44%

High in (20%+ of a day) Vitamin E 30% · Vitamin B12 22%

Source of (10–19%) Selenium 19% · Magnesium 15% · Vitamin B6 12% · Zinc 10%

Recipe and video: One day One recipe (@UnjourUnerecettekatyseats) on YouTube — youtube.com/watch?v=OJlnH7i1HIM, published 13 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/banana-sweetened-cherry-clafoutis