

## Prune Plum Calfouti

Serves 6



### Ingredients

- 12 prun plums-fresh
- ½ cup plus 3 tbsp of milk
- ¼ cup of sugar
- 2 eggs
- ½ cup plus 3 tbsp of self rising flour
- ¼ cup plus 2 tbsp of unsalted butter- melted

### Directions

- ☞ Preheat the oven to 375° F.
- ☞ Grease small round cake pan.
- ☞ Cut each prune plums into 4 pieces and put them in a greased shallow ovenproof dish (3 cups capacity).
- ☞ Sift the flour and sugar into a medium bowl. Make a well in the centre
- ☞ In a separate bowl, combine the eggs, milk and butter in a bowl
- ☞ Gradually stir the eggs/milk/butter mixture into the flour mixture. Beat until batter is smooth.
- ☞ In cake pan, spoon the batter evenly between the prune plums.
- ☞ OPTIONAL: Sprinkle with 1 Tbsp sugar
- ☞ Bake for about 30 minutes, until cake is firm and golden brown.
- ☞ Serve warm. Enjoy!



### Nutrients (approximately)

266 Calories per serving,  
Fat 12.4g, Saturated Fat 7.6g, Cholesterol 32.2mg,  
Sodium 10.1mg, Carbohydrates 32.4g, Fiber 2.1g,  
Sugars 22g, Protein 2.8g

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