



Makes 8 servings

Preparation Time: 15 minutes

Cook Time: 45 minutes

INGREDIENTS:

1 lb. fresh strawberries, trimmed and sliced

1 lb. ripe bananas (about 3), peeled and sliced

1 10-oz. jar no-sugar-added strawberry jam

2 cups gluten-free rolled oats

1 teaspoon regular or sodium-free baking powder

1 cup unsweetened, unflavored plant-based milk

½ cup unsweetened applesauce

Strawberry Clafouti Dessert

Clafouti is a fruity French dessert. This not-too-sweet version from Chef AJ is healthy enough to have for breakfast.

From The Secrets to Ultimate Weight Loss by Chef AJ

By Chef AJ

- 1 Preheat oven to 350°F. In a large bowl gently stir together strawberries, bananas, and jam. Transfer fruit mixture to an 8-inch square silicone baking pan.
- 2 In another bowl stir together oats and baking powder. Add milk and applesauce; stir to mix. Sprinkle oat mixture evenly over fruit mixture. Bake about 45 minutes or until golden brown.