

# Blueberry Dream Clafouti



Clafoutis are almost always dusted with powdered sugar and served lukewarm; sometimes with cream, which is a diet deal breaker — until now. Sprinkle with LynFit Vanilla Protein instead of sugar! This recipe transforms clafouti into a themogenic dessert for under 90 calories.

## NUTRITIONAL INFO

Calories: 60

Fat: 0 grams

Carbs: 5.9 grams

Fiber: .2 grams

Protein: 9.2 metabolic boosting grams

Servings: 2 per recipe

## Ingredients:

- (1/3 cup) Melt-fat milk (stir together 2 scoops LynFit Vanilla Protein Shake with 1/3 cup water)
- (3 tbsp.) Oats
- (2) Egg whites
- (1 tbsp.) LynFit Vanilla Complete Protein
- (1/3 cup) Blueberries, or berry of choice

## Directions:

- Preheat oven to 450° F.
- Place oats in food processor or blender and process until the oats look similar to oat flour
- Add whey, egg, and melt-fat milk together with the oats and process until well blended. Add berries last to avoid squishing them.
- Spray loaf pan with spray oil and transfer mixture to pan
- Bake 20 minutes
- Enjoy warm or cold