MANGO CLAFOUTIS

- Fresh seasonal fruit is the star of this classic French dessert somewhere between a pancake and custard.
- Whole almonds add richness usually supplied by butter or cream.
- Blanching almonds is easy and inexpensive. Boil water, add almonds and let sit for about 5 minutes.
- The brown skin (which has some bitterness) will easily peel off (just squeeze one end between thumb and forefinger).
- You can blanch, dry and freeze almonds for later use.

1. Large very ripe mango (out of season, substitute peaches, pear, plums, pitted cherries)
2. c. Low fat milk
3. T. Sugar
4. c. Blanched or slivered almonds
5. tsp. Almond extract
6. eggs
7. tsp. pumpkin pie spice
8. Pinch salt
9. T. Flour

Optional: raspberries or other fruit for garnish

1. Pre-heat oven to 375 degrees. In a blender, combine 1/4 c. milk with sugar and almonds. Puree until fairly smooth (about 3-4 minutes).
2. Add remaining milk, extract, egg, spice, salt and flour. Blend till smooth (about 2 minutes). Let sit for 10 minutes.
3. Spray a 9-inch cake pan with cooking spray.
4. Arrange mango on bottom. Pour batter over and add raspberries if desired.
5. Bake for 30-40 minutes or until golden brown.
6. Serve warm or at room temperature. Garnish as desired.