

Savory Vegetable Clafoutis with French Herb Beans

Elegant French-Inspired Brunch, Protein Flip™ Style

This French-inspired brunch pairs a light, custardy vegetable clafoutis with creamy white beans simmered in olive oil, garlic, and fresh herbs. The baked eggs and cheese provide just enough animal protein, while chickpea flour, white beans, and added fiber give the dish its Protein Flip™ balance. With a delicate texture, pops of colorful vegetables, and fragrant herb beans on the side, this recipe works as an elegant weekend centerpiece or a make-ahead meal that reheats beautifully.

Serves: 4 | **Portion:** About 1 cup clafoutis + ½ cup beans per serving

Per Serving (with beans): 19.0 g protein | 8.6 g fiber



Recipe:**Ingredients:****For the Vegetables**

1 tsp olive oil or avocado oil
½ small leek, thinly sliced (white/light green part only)
½ small zucchini, diced
½ cup baby spinach, roughly chopped
¼ cup cherry tomatoes, halved
1 garlic clove, minced
½ tsp kosher salt
¼ tsp black pepper

For the Batter

2 large eggs
¾ cup low-fat cottage cheese
¼ cup soft goat cheese (chèvre)
¾ cup unsweetened almond milk
¼ cup chickpea flour
2 tbsp Just Better Fiber
½ tsp Dijon mustard
2 tbsp nutritional yeast
1 tbsp chopped fresh parsley and thyme

For the Topping

2 tbsp shredded Gruyère
2 tbsp chopped sun-dried tomatoes
Extra fresh herbs, for garnish

French Herb Beans

2 cups cooked white beans (cannellini or black lentils work)
1 tbsp olive oil
1 small shallot, finely diced
1 garlic clove, minced
1 tsp chopped fresh thyme
1 tsp chopped fresh rosemary
Salt & black pepper, to taste
1 tsp Dijon mustard (optional, stirred in at the end)
Splash of vegetable broth or water

Directions:**Preheat Oven**

Preheat to 375°F. Grease two 6-inch baking dishes or four 8-oz ramekins.

Sauté Vegetables

In a skillet over medium heat, warm the olive oil. Add leek, zucchini, garlic, salt, and pepper. Cook 4–5 minutes, until just tender. Stir in spinach and cherry tomatoes; cook 1–2 minutes until wilted. Remove from heat.

Make Batter

In a blender, combine eggs, cottage cheese, goat cheese, almond milk, chickpea flour, Just Better Fiber, Dijon mustard, nutritional yeast, and herbs. Blend until completely smooth.

Assemble Clafoutis

Pour a thin layer of batter into each dish. Evenly distribute the cooked vegetables over the batter. Pour the remaining batter on top. Garnish with Gruyère, sun-dried tomatoes, and extra herbs.

Bake

Bake 25–30 minutes, until puffed, golden, and set in the center. Let rest 5 minutes before serving.

Cook the Beans

While the clafoutis bakes, warm olive oil in a saucepan over medium heat. Add shallot and garlic; sauté until softened, about 2 minutes. Add beans, thyme, rosemary, salt, and pepper. Stir in a splash of broth and simmer gently 5–7 minutes. Finish with Dijon mustard if desired.

Serve

Spoon warm beans into shallow plates or bowls. Add a wedge or scoop of clafoutis alongside. Garnish with fresh herbs.