

Vegetable Clafoutis + Herbed White Beans (French-Inspired Brunch)

This **Savory Vegetable Clafoutis with French Herb Beans** is a wholesome, elegant brunch recipe made for meal prep or slow weekend mornings. It brings together warm sautéed vegetables, a light high-protein batter, and creamy white beans cooked with olive oil, garlic, and herbs like thyme and tarragon. Whether you're hosting brunch or feeding yourself something nourishing and cozy, this French-inspired dish is full of fiber, flavor, and texture.



High-Protein, High-Fiber | Serves 4 (1 cup each)

Ingredients

For the Vegetables:

1 tsp olive oil or avocado oil
1 small leek, thinly sliced (white/light green part only)
1 small zucchini, diced
1 cup baby spinach, roughly chopped
½ 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

Topping:

2 tbsp gruyere (for garnish)
2 tbsp sun-dried tomato
Extra herbs

Directions

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

Sauté vegetables: Heat oil in a skillet over medium heat. Add leek, zucchini, garlic, salt, and pepper. Sauté until softened (5–6 minutes). Add spinach and cherry tomatoes, cook until just wilted. Remove from heat.

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

Assemble: Add a base layer of batter, add the vegetables to the dishes and pour batter evenly over the top.

Garnish with sun dried tomatoes, gruyere and fresh herbs.

Bake: Bake 25-30 minutes, or until puffed and golden. Let rest 5 minutes.

Serve warm

French Herb Beans

Ingredients:

2 cups cooked **white beans** (or black lentils, cannellini)

1 tbsp olive oil

1 small shallot, finely diced

1 clove garlic, 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 to loosen

Directions:

Sauté shallot and garlic in olive oil until soft. Add beans, herbs, and broth. Simmer gently for 5–7 minutes. Finish with Dijon if desired.