

CureSearch for Children's Cancer - Recipes for Healthy Eating

Savory Crustless Popovers

3 eggs
2/3 cup half and half
½ cup plain low fat, whole milk or Greek yogurt
1 tablespoon unsalted butter, melted
1/3 cup oat or organic whole wheat flour
½ teaspoon sea salt curesearch.org | info@curesearch.org | (800) 458-6223
4 oz. mild cheddar,
2 tablespoons EACH fresh parsley and chives, finely chopped

Preheat oven to 400°F. Butter a standard 12-cup muffin tin (or two 24-cup mini-muffin tins, or ramekins) well, making sure to grease the sides as well as the base of each cup.

Whisk together the eggs, half and half, yogurt and butter. Add the flour and salt, stir in the cheddar and herbs. Fill greased tins until 3/4 full, and bake for 20 minutes, or until set, puffy and lightly brown on top. Let popovers cool at least 10 minutes before unmolding (they will fall slightly, this is normal!). Gently invert to unmold. Serve warm or at room temperature. Makes 12.

Nutritional info: Calories 100; Total Fat: 7g; Protein: 5g; Carbohydrates: 4g.

Recipes from Happily Hungry: Smart Recipes for Kids with Cancer, to order a copy (\$19.95 plus S&H) please visit www.happilyhungry.com



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