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Dutch Babies with Quick Blackberry Syrup

Legend has it that the first Dutch Babies were the innovation of an early 20th century Seattle chef for his children, who christened the recipe with its unusual name.

Syrup

- 1-2 cups blackberries (fresh or frozen)
- 1 1/2 cups sugar
- 1 Tbsp. lemon juice
- 1/2 cup light corn syrup

Puree blackberries in food processor or blender and strain to remove seeds. (An alternate method is to heat berries with 1/4 cup water until they release their juice. Strain.) Measure and add enough water to equal 1 cup. Combine puree/juice with all other ingredients and bring to a rolling boil. Once the mixture comes to a rolling boil that cannot be stirred down, boil for exactly one minute. Skim the foam. Store in refrigerator.

YIELD: Approximately 1 pint

Dutch Babies

- 3 Tbsp. butter
- 4 eggs
- 1 cup lowfat milk
- 1 cup flour
- 2 Tbsp. sugar
- 1 tsp. vanilla

Melt butter in a 10 1/2 " skillet in preheated 425° F oven. While butter is melting, combine eggs in food processor or blender and process for 1 minute. With motor running, alternately add flour and milk. Add sugar and vanilla and process 30 seconds more. Pour batter into hot buttered pan and bake for 20-25 minutes until puffed and golden brown. Serve immediately topped with syrup.

Serves: 4

NUTRITIONAL ANALYSIS: Calories Per Serving: 882; 18.8g Protein, .25.5g Fat, 149g Carbohydrate, 428mg Cholesterol