

Sweet Berry Popover

Makes 8 servings

1 cup milk
1 Tablespoon butter, melted
1/2 teaspoon vanilla extract
1/4 cup 1 Tablespoon sugar, divided
1/4 teaspoon salt
1/8 teaspoon nutmeg
1 cup all purpose flour
2 eggs, beaten
1 cup berries
1/4 teaspoon cinnamon

Directions

1. Whisk milk, butter, vanilla, 1/4 cup sugar, salt and nutmeg together; blend in flour.
2. Gradually mix in eggs; set aside.
3. Butter a 9 inch pie plate; add berries, leaving a wide border around the rim.
4. Gently pour batter on top; set aside.
5. Combine remaining sugar with cinnamon; sprinkle over the batter.
6. Bake at 450 degrees for 20 minutes; lower heat to 350 degrees without opening the oven door.
7. Continue baking until popover is golden, about 20 additional minutes. Slice into wedges; serve immediately.

Calories 233
Fat 12g
Cholesterol 36mg
Sodium 46mg
Fiber 9g
Carbohydrates 61g

Source: Gooseberry Patch Come on Over Cookbook.

United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

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