

## High-Protein Pouding Chômeur



*This Pouding Chômeur is not only packed with protein (10 g per serving) but is also gluten-free. It's the perfect recipe to enjoy during cozy, cooler weather when you want to combine indulgence with well-being. Just like me, you can savour this classic dessert with a twist, wrapped up in a warm blanket!*

*Bon appétit!*

Preparation 20 min

Cooking 40 min

Servings 9

Nutrition Facts (per serving)

Calories 255

Fat 4

Carbohydrates 45

Fibre 3.5

Protein 10

Sodium 50

### **Ingredients**

#### **For the sauce:**

- 250 ml (1 cup) maple syrup
- 250 ml (1 cup) water
- 10 ml (2 tsp) non-hydrogenated, unsalted margarine

## For the batter:

- 375 ml (1 ½ cups) oat flour
- 125 ml (½ cup) chickpea flour
- 60 ml (¼ cup) ground flaxseeds
- 10 ml (2 tsp) baking powder
  
- 185 ml (¾ cup) skim high-protein milk (such as Fairlife or Lactantia UltraPur)
- 125 ml (½ cup) liquid egg whites
- 60 ml (¼ cup) 0% fat plain Greek yogurt
- 15 ml (1 tbsp) maple syrup
- 1 large egg

## Preparation

1. Preheat the oven to 180°C (350°F).
2. In a saucepan over medium heat, bring all the sauce ingredients to a boil.
3. Reduce heat and simmer for about 5 minutes, until the sauce thickens slightly.
4. Meanwhile, in a large bowl, mix the dry ingredients for the batter.
5. In another bowl, whisk together the remaining batter ingredients and fold into the dry ingredients until a smooth batter forms.
6. Spread the batter into a 20 cm (8-inch) square baking dish. Gently pour the sauce over the batter.
7. Bake for 35 to 40 minutes, or until the top is golden, or a toothpick comes out clean when inserted into the cake.

## Notes

Keeps for 5 days in the fridge in an airtight container. Can be frozen for up to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro  
Registered Dietitian Nutritionist in Quebec City