

# Omelette with sour cherries

level 

 4

 40 min



## Ingredients

|                    |                                     |
|--------------------|-------------------------------------|
| 200 ml             | Fresubin 2 kcal Fibre DRINK Vanilla |
| 120 g              | tinned sour cherries (net weight)   |
| 2 table-<br>spoons | ground almonds                      |
| 1 table-<br>spoon  | corn flour                          |
| 1                  | egg                                 |
| 1                  | egg yolk                            |
| 3 table-<br>spoons | brown sugar                         |

## Nutritional information per serving:

|                    |          |
|--------------------|----------|
| Energy .....       | 255 kcal |
| Protein .....      | 9.9 g    |
| Fat .....          | 11.0 g   |
| Carbohydrate ..... | 28.0 g   |
| Fibre .....        | 1.6 g    |



## Alternative products:

Fresubin® 2 kcal DRINK  
Fresubin® Energy DRINK

## Preparation

Drain the sour cherries. Preheat the oven to 180 °C. Mix the corn flour with the egg and the egg yolk. Add the ground almonds, the sugar and the Fresubin 2 kcal Fibre DRINK Vanilla.

Pour the mixture into a ramekin, place the cherries on top and let it cook in a bain-marie for 25 minutes.

### TIP:

The sour cherries may be substituted with other fruits.