

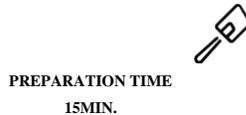
Natrel®

Blinis with Whipped Dip & Spread and Tomato Confit

A perfect high-protein recipe to wow your guests!

*Blinis can be frozen without the toppings.

*For a delicious variation, try this recipe with Natrel's Roasted Red Peppers Dip and Spread.



Ingredients

2 packages (190 g) of cherry tomatoes on the vine
1 cup (250 ml) fresh or frozen corn kernels
2 tsp (10 ml) olive oil
Salt and pepper, to taste
¾ cup (180 ml) Natrel milk
½ cup (125 ml) Natrel Chives and Garlic Whipped Dip and Spread
2 large eggs
½ cup (125 ml) golden flax seeds, ground
2 tsp. (10 ml) baking powder
1 cup (250 ml) all-purpose flour
Natrel Salted butter and olive oil for pan frying

Topping

½ cup (125 ml) Natrel Chives and Garlic Whipped Dip and Spread
¼ cup (60 ml) basil leaves
½ cup (125 ml) shoots or sprouts, as desired (optional)

Preparation

1. Preheat the oven to 230 °C (450 °F).
2. Place the tomatoes and corn in a pyrex dish about 8" x 8" (20.3 cm x 20.3 cm) and cover with olive oil. Season with salt and pepper, then bake for 25 to 30 minutes.
3. In a medium bowl, combine the milk, Whipped Dip and Spread, and eggs.
4. Stir the flax seeds and baking powder into the liquid preparation. Add the flour and mix one last time.
5. Cover the bottom of a large frying pan preheated on medium with a mixture of butter and olive oil.
6. Form 6 small blinis about 5 cm in diameter, using about 15 mL (1 tbsp.) of dough per blini. Fry for 3 to 4 minutes on each side. Repeat with the remaining dough.
7. Serve the blinis topped with a spoonful of Whipped Dip and Spread, a basil leaf and a small amount of the tomato and corn mixture. Garnish with shoots or sprouts, if desired.