



## Giant Blueberry Frittata

*Serves 4-6*

### Ingredients

- 1 cup unbleached flour (I am sure this would work with  $\frac{1}{3}$  whole wheat and  $\frac{2}{3}$  plain flour)
- $\frac{1}{3}$  cup medium or fine grind cornmeal
- $\frac{1}{4}$  cup granulated sugar
- 1 Tbsp baking powder
- $\frac{1}{2}$  teaspoon baking soda
- 1 teaspoon sea salt
- 2 large eggs
- 1  $\frac{1}{2}$  cups plain unsweetened kefir or plain buttermilk, divided
- 2 Tbsp salted butter, melted
- 1 cup fresh blueberries (I used about  $\frac{1}{4}$  cup more!) tossed with 1 tsp flour
- 1 Tbsp avocado oil
- 2 Tbsp salted butter
- Pure maple syrup to serve

### Instructions

Preheat your oven to 375.

Whisk flour, cornmeal, sugar, baking powder, salt, soda, and cornmeal together in a small bowl.

Whisk eggs, kefir or buttermilk, and two tablespoons melted butter together and gently combine with dry ingredients. Be careful not to overmix - nothing wrong with a few lumps here and there. Fold in blueberries.

Heat oil and remaining 2 Tbsp butter together in a large (at least 10 inches in diameter), oven-safe, non-stick frying pan over medium-high heat. When the foaming subsides, scrape in the batter and spread it to the edges. Reduce heat to medium and gently rock the pan back and forth so it will come out of the pan easily at the end. Cook until bubbles form on the surface - about six minutes when the edges might be a little brown.

Transfer the entire pan to the oven and cook another ten minutes until puffed and set. Invert onto a large plate. Cut into wedges like a pie and serve with butter and syrup or plain yogurt and jam. Leftovers (if there are any!) can be refrigerated and reheated and are pretty darned good.