



VANILLA CUSTARD

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 15 mins

Serves: 4-6

INGREDIENTS

- 1 1/2 cans coconut cream
- 1 tbsp psyllium seeds, crushed
- 1 1/2 tbsp natvia (or honey)
- 1 tsp vanilla essence
- 1 egg
- 1 tbsp rice isolate protein powder
- 1 cup water
- grated lime peel or chocolate to decorate

METHOD

- In blender mix all ingredients on high.
- Pour into saucepan (or use Thermomix) to heat until boiling.
- Reduce heat, and simmer for 3-5 minutes, stirring continuously.
- Pour into serving dishes.
- Serve with my [rhubarb and blueberries](#), or desert of your choice.

NOTE

To thicken deserts or sauces without using any grains or roots (for low disaccharides), the texture of these products will be quite different. Instead of a creamy mixture, this may be thicker and “gluey” in consistency, but will have a pleasant custard taste.

When allergic to all grains, one becomes accustomed to the different textures often necessary to create some dishes.

I prefer this custard cold, it is smoother and tastier in my opinion.

