



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Serves: 4

INGREDIENTS

- **PUDDING**
- oil spray or 1 tsp for greasing ramekins
- 4 eggs
- 400 mls coconut milk
- 2 tsp honey
- 1 tsp vanilla extract
- pinch salt

METHOD

- Preset oven to 180°C (350°F).
- Lightly grease 4 ramekins with oil and set aside.
- In a bowl, beat eggs, add salt, 2 tsp honey, vanilla and coconut milk and stir until combined.
- Divide the 1/4 cup honey between the 4 ramekins, placing a little to cover the base of each one.
- Gently pour the coconut milk mixture over the honey, and evenly fill each ramekin to desired level. Do NOT stir, as the honey should remain at the base.
- Stand ramekins in a large ovenproof dish, pouring water into the dish until it comes 1/4 way up the side of the ramekins.
- Bake in oven for 30 minutes, until the mixture sets, and a skewer comes out clean.
- To serve, run a knife around the inner side of each ramekin, and then turn out onto desert plate. Serve on individual plates.
- These can be refrigerated, and turned out once cold, as desired.
- The honey top should run down over the pudding when served.
- Keep refrigerated, covered to up to one week.

THAI CREME CARAMEL



- **FOR BASE**
- 1/4 cup honey