



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: 2-4

INGREDIENTS

- 1 can coconut milk (not skim)
- 6 egg yolks
- 1 egg
- 1 tbsp vanilla essence
- 2 tbsp honey
- pinch pink salt

METHOD

- Heat coconut milk in saucepan on hotplate slowly while stirring, do not boil.
- Add vanilla, honey and salt and whisk well.
- In separate bowl beat egg yolks and egg together.
- Pour the egg mixture slowly into the milk mixture while whisking continuously.
- Keeping the heat low, cook the mixture for about 15 minutes, whisking frequently, until it thickens up.
- Pour into dishes, or leave to cool and pour over jelly.

VANILLA BOILED CUSTARD

