



Coconut Creme Brulee (Dairy Free)

Active Time: 20 minutes | Total Time: 5 hours | Serves: 6

Nutrition Information Per Serving

289.3 calories, 23.82 g carbohydrate, 0 g fiber, 7.82 g NET carbs, 5.13 g protein, 27.94 g fat

Ingredients

- 8 Tbsp(s) Wholesome Sweeteners Organic Zero
- 2 Tbsp(s) Navitas Naturals Organic Palm Sugar
- 1/2 tsp(s) SweetLeaf Stevia Extract
- 1 large pastured egg
- 2 tsp(s) organic vanilla extract
- 4 large(s) pastured egg yolks
- 3 cup(s) organic full fat coconut milk

Preparation

1. Preheat the oven to 325 degrees F.
2. Add the erythritol to a Magic Bullet or Food Processor and pulse to achieve a powder consistency.
3. Add the coconut milk to a saucepan and scald (bring it nearly to a boil (185°F, 85°C)
4. Whisk together the egg, egg yolks, powdered erythritol, stevia and vanilla extract. Slowly add the coconut milk, whisking constantly. Skim off any foam with a spoon that may have formed on the surface.
5. Pour the custard into six ramekins. Place ramekins in a baking pan and pour enough boiling water in the pan to reach halfway up the sides of the ramekins.
6. Bake for 25-30 minutes until the custard sets. Do not over bake; it should be a little soft in the center.
7. Cool in the refrigerator to set (at least 4 hours).
8. Before serving, sprinkle coconut palm sugar on top of each custard. Caramelize with a kitchen blow-torch or place under the broiler for 2-3 minutes.

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