



Keto Creme Brulee

Active Time: 15 minutes | **Total Time:** 50 minutes | **Serves:** 6

Nutrition Information Per Serving

333.3 calories, 17.91 g carbohydrate, 0 g fiber, 3.91 g NET carbs, 4.32 g protein, 33.87 g fat

Ingredients

- 7 Tbsp(s) Wholesome Sweeteners Organic Zero
- 20 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1/2 Tbsp(s) Navitas Naturals Organic Palm Sugar
- 1 tsp organic vanilla extract
- 2 cup(s) organic heavy cream
- 6 large(s) pastured egg yolks

Preparation

1. Preheat oven to 325 degrees F. Prepare a 4-ounce ramekin for each serving of creme brulee. Place the ramekins in a large cake pan or roasting pan. Reserve 1 Tbsp. erythritol for topping.
2. Combine heavy cream, vanilla and half of the erythritol in a medium saucepan. Whisking continuously, bring to a boil. Remove from heat and allow to cool slightly.
3. Combine the egg yolks and remaining erythritol in a small bowl.
4. Temper the egg-erythritol mixture into hot heavy cream mixture by dribbling a small amount of hot cream in a steady stream into the eggs while quickly whisking the two together. This raises the temperature of the egg gradually and cools the cream slightly without cooking the eggs.
5. Cook until thick enough to coat the back of the spoon.
6. Fill ramekins 7/8 full. Pour water into the pan so that it comes halfway up the ramekins.
7. Transfer to oven and bake until just barely set, approximately 35 minutes.
8. Remove from oven. Combine remaining erythritol with coconut sugar and scatter over the tops.
9. Return to oven and broil for 1-2 minutes to create a crisp shell.
10. Serve.

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