



Instant Pot Keto Crème Brûlée

Active Time: 20 minutes | Total Time: 1 hour | Serves: 6

Nutrition Information Per Serving

329.5 calories, 17.91 g carbohydrate, 0 g fiber, 2.91 g NET carbs, 4.32 g protein, 33.87 g fat

Ingredients

- 7 Tbsp(s) Lakanto Original
- 1/2 Tbsp(s) Lakanto Golden
- 1 tsp organic vanilla extract
- 2 cup(s) organic heavy cream
- 6 large(s) pastured egg yolks

Preparation

1. Grease a 4-ounce ramekin for each serving of creme brulee.
2. In a medium saucepan, combine heavy cream, vanilla and half of the Lakanto Original. Whisking continuously, bring to a boil. Remove from heat and allow to cool slightly.
3. Combine the egg yolks and remaining Lakanto Original 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. Cover tightly with foil. In the inner liner of your Instant Pot, add one cup of water and the trivet.
7. Transfer prepared ramekins to the trivet in the Instant Pot (4 on the trivet with 2 stacked on top). Close and lock the lid. Set the valve to sealing. Set the pressure to LOW and the time for 13 minutes. Let pressure release naturally for 15 minutes.
8. Remove from Instant Pot and remove foil. Scatter Lakanto Brown over the tops. Broil or torch to caramelize. Serve.

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