

# Wholesome Baked Custard



|                   |          |
|-------------------|----------|
| Preparation time: | 70 mins  |
| Serves:           | 6 people |
| User Rating:      | ★★★★☆    |

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Baked custard? Sounds hard. (Said no one ever.)

Say hello to wholesome soul-warming food at its best; smooth, creamy and delightfully simple. This baked egg custard recipe is so easy to follow – and delicious – you'll soon start making it every day.

A perfectly healthy breakfast, snack or even dessert – baked custard is that classic comfort food you whip up to share with your kids and keep for yourself.



## Ingredients

- 3 eggs
- 1/3 cup maple syrup
- 2 cups milk
- 1 tbs vanilla extract
- Nutmeg to taste

## Method

1. Preheat oven to 180 degrees Celsius
2. Place all ingredients except nutmeg into a blender and combine until smooth.
3. Pour into a baking dish
4. Place baking dish into a larger roasting tray
5. Fill roasting tray with boiling water until it reaches half way up the baking dish
6. Grate fresh nutmeg over the top
7. Bake for 50-65 minutes, depending on the size of your baking dish. The custard will still be very wobbly when you take it out
8. Let it sit in the remaining water in the roasting tray on the bench until cool. You can eat it warm or transfer to fridge until cold then enjoy

## Notes

For maximum taste, this custard is best served right away – don’t leave it in the fridge to cool too long.

To make individual serving, simply dish out the mixture in ramekins, and slightly reduce the cooking time.

If you're looking for a dairy-free alternative, simply replace the yoghurt with coconut milk.

Also, a great low-fructose substitute is to use rice malt syrup as your sweetener.

## Nutritional Information

|              |                  |         |           |               |               |               |        |       |
|--------------|------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy           | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 128g         | 637kj<br>152kcal | 6.1g    | 5.9g      | 2.9g          | 16.9g         | 15.7g         | 70mg   | 0.1g  |

All nutrition values are per serve.