

CUSTARD TAR, LOW-CARB

(7g carbs per large slice)

Ingredients:

10 eggs

500ml heavy cream

500ml water

1 teaspoon vanilla extract

Xylitol or stevia

1 teaspoon cinnamon powder or nutmeg

Method:

Set oven to 180 degrees Celsius

Beat eggs and cream, water, vanilla and sweetener together well

Pour into 6 – 8 little ramekin dishes, sprinkle the spice on top

Place ramekins in a larger baking dish with cool water half way up the sides

Bake for 30 minutes till the centre is firm

Remove and leave to stand for 5 minutes before serving or refrigerate till serving