



Low FODMAP Vanilla Custard

Serves: 6

Prep: 10 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
6 egg yolks		
Caster sugar	40 g	2.1 oz
Thickened cream (lactose free if required)	300 g	10.6 oz
Lactose free milk	200 g	7.1 oz
1 tsp vanilla essence		
2 tsp cornflour/cornstarch		

Method

1. Add milk, vanilla and 200ml of the cream into a saucepan.
2. Heat on a low heat until just under a boil.
3. Whisk the egg yolks, caster sugar and cornflour until light and creamy in a large measuring jug or bowl.
4. Pour the heated cream into the eggs in a long steady stream, whisking the eggs continually.
5. Pour this thin custard back into the saucepan then whisk continually on a medium heat until the custard thickens and starts to gently bubble.
6. Remove from the heat immediately, stir in the extra 100ml of cream and continue whisking for a minute or so to ensure the custard is smooth with no lumps.
7. Serve immediately.

Hints

This custard is a perfect way to use the 6 egg yolks left over from the [Lemon Raspberry Friends](#)

- Store for up to 3 days in the refrigerator, heating to almost a boil before re-serving.

Nutrition Information (per serve)	
Energy	1243 Kj / 297 cal
Protein	3.0g
Carbohydrates	8.2g
Sugar	7.7g
Total Fat	28.7g
Saturated Fat	17.1g
Fibre	0g