



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Custard

4g NET Carbs (Low Carb Keto)

Absolutely Beautiful Taste, Texture and Sweetness.

Substitute the Vanilla and Maple Extract for any flavors of your choosing. Additional time may be needed for baking, depending on your oven. Check after 25mins then judge accordingly. Watch video for visual on the finished dish. Enjoy!



4 Servings – 1 Serving = 470. Calories / 4g. Net carbs / 8g protein / 47g. Fat

INGREDIENTS

3 large Eggs
1/4 cup granular monkfruit or powdered sweetener.
1 tsp vanilla extract

1 tsp maple extract
2 cups Heavy Cream
Nuts for garnish

Instructions:

1. Add 3 eggs to bowl and mix together
2. Add all Ingredients and mix until eggs is blended into mixture.
3. Add mixture to 4 ramekins (link in description of video where you can purchase the ramekins).
4. Place ramekins in a metal or glass dish with 2" sides. Add 1' water to the metal or glass dish.
5. Place dish on cookie sheet and place in a preheated 350F oven for 30mins.
6. After 30mins the top of each custard must be a dark Golden Brown in order for the custard to set. (See video for visual)
7. If the custard isn't a dark Golden Brown bake for additional 5mins and repeat if needed.
8. let cool before serving. The Custard will be extremely hot if not cooled. Enjoy!