

Crème Brûlée



3.1:1 ratio

- **Preparation time:** 25 minutes
- **Cooking time:** 35 minutes
- **Chilling time:** 2 hours
- **Recipe makes** 3 portions

Recipe provides **approximately:**

Nutritional content	1 portion	3 portions	Your recipe
Fat	19.6g	58.8g	
Protein	5.6g	16.7g	
Carbohydrate	0.8g	2.5g	
Energy (calories)	202kcal	606kcal	



Enhancing Lives Together



Crème Brûlée

Ingredients	Quantity	Your recipe
Single cream e.g. Morrison's or Tesco	50g	
K-Flo®	250g	
Egg, yolk	40g	
Sweetener, granulated e.g. Sukrin Gold®	20g	
Topping		
Sweetener, granulated e.g. Sukrin Gold®	3 tsp	

Method:

1. Preheat the oven to 150°C/300°F/Gas mark 2.
2. Pour the cream and **K-Flo®** into a saucepan, continuously stir over a medium heat until just before boiling point, then turn off the heat.
3. In a bowl, beat the egg yolk and sweetener together until pale and fluffy, pour into the saucepan with the cream and **K-Flo®**.
4. On a medium heat, whisk the mixture continuously until thickened - this indicates that the eggs have begun to cook slightly.
5. Strain the mixture through a fine sieve into a large jug, and pour into 3 three ramekins to about half full.
6. Place the ramekins into a large roasting tray and pour in enough hot water to come halfway up their outsides.
7. Place the roasting tray onto the centre shelf of the oven and bake for approximately 30 minutes, or until the custards are just set but still a bit wobbly in the middle.
8. Remove the ramekins from the water and set aside to cool to room temperature. Once cool, place in the fridge until chilled.
9. When ready to serve, sprinkle one level teaspoon of sweetener evenly over the surface of each crème brûlée, then caramelize under the grill for 2 minutes.
10. Set aside to cool for 2 minutes, then serve.

**K-Flo® is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**