

Crème Caramel



3.7:1 ratio

- **Preparation time:** 25 minutes
- **Cooking time:** 45 minutes
- **Chilling time:** 2 hours
- **Recipe makes** 3 portions

Recipe provides **approximately:**

Nutritional content	1 portion	3 portions	Your recipe
Fat	25.3g	75.9g	
Protein	6.1g	18.3g	
Carbohydrate	0.8g	2.3g	
Energy (calories)	255kcal	765kcal	



Enhancing Lives Together

Crème Caramel



Ingredients	Quantity	Your recipe
Double cream e.g. Morrison's or Tesco	65g	
K-Flo®	250g	
Egg, beaten	70g	
Sweetener, granulated e.g. Sukrin Gold®	5g	
Sugar-free caramel flavoured syrup e.g. Walden Farms Near Zero	10g	

Method:

1. Preheat the oven to 150°C/300°F/Gas mark 2.
2. Pour the cream and **K-Flo®** into a saucepan, over a medium heat, continuously stir until just before boiling point, then turn off the heat.
3. In a bowl, beat the egg and sweetener together until pale and fluffy, pour into the saucepan with the cream and **K-Flo®**.
4. Whisk the mixture continuously for approximately 30 seconds.
5. Strain the mixture through a fine sieve into a large jug, and pour into 3 three ramekins to the top.
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 45 minutes, or until the custards are solid.
8. Remove the ramekins from the water and set aside to cool to room temperature. Once cool, place in the fridge until chilled.
9. Using a knife, separate the edge of the crème caramel from the edge of the ramekin dish, turn out on to a plate.
10. Pour the sugar-free caramel syrup over the top, and 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.**