

CRUSTLESS MILK TART

A banting variation of a traditional favourite.

Delicious and from the oven in 30 minutes.

INGREDIENTS

4 Large Eggs

250 ml Fresh Cream

1 & 1/4 cup Fresh Full Cream Milk

1/4 cup Xylitol

1 tsp Vanilla Essence

1 tsp Cinnamon

METHOD

Preheat your oven to 180C.

In a bowl, whisk the eggs, xylitol and vanilla essence together – mix well.

Add the milk and the fresh cream.

Whisk all the ingredients together well.

Spray and cook an oven proof dish big enough to take all the mixture.

Pour into the dish.

Place the dish with the mixture in it, into a bigger dish and water (Bain Marie).

Put it in the oven and bake for 30 minutes until the custard is firm to the touch and slightly golden brown.

Remove from the oven and immediately sprinkle the cinnamon over the baked pudding.

Allow to cool and serve just like that or with some freshly beaten cream .

You can add the cinnamon to the mixture and sprinkle a very small amount over when it comes out the oven.