

Simple egg custard



Total calcs 624, makes approx. 1 ½ cups

1 can of carnation light and creamy evaporated milk

1 tablespoon of vanilla extract

3 egg yolks

1 teaspoon of agave nectar

Blend all ingredients together to ensure egg is well mixed in. Place in a saucepan and cook slowly until thickened. The mix should coat the back of the spoon when ready.

Take care not to boil the mix as the custard will curdle.

This is pouring consistency custard, if dollop consistency is desired, it may be thickened further with a little cornflour.



It goes well with the berry pie!!!