

Angelica Vale's Christmas Custard

Ingredients

- 1 quart LACTAID® Reduced Fat Milk
- 1 cinnamon stick
- 1 lime, zested
- pinch of salt
- 4 tablespoons cornstarch
- 1/4 cup water
- 8 egg yolks
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1/4 cup pine nuts
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup raisins

Preparation

1. Heat the LACTAID® Reduced Fat Milk, cinnamon stick, lime zest and salt together over medium low heat 4-5 minutes or until warm and steaming. Remove from heat. Strain into a bowl and allow mixture to cool until tepid. Discard cinnamon and lime zest.
2. Mix together cornstarch and water. Add egg yolks, sugar and vanilla. Mix well using a wire whisk. Slowly pour half of the cooled milk into the egg yolk mixture. Stir well. Pour remaining milk into the egg yolk mixture.
3. Return mixture to stove-top. Cook over medium low heat, stirring constantly, until the custard begins to thicken and simmer, about 5-10 minutes.
4. Add nuts and raisins. Serve warm or chill until ready to serve.

Nutrition Information

Serves: 10

Amount Per Serving:

Calories 200

Calories from Fat 90

Total Fat 10g

Saturated Fat 3g

Cholesterol 180mg

Sodium 60

Total Carbohydrates 22g

Dietary Fiber 1g

Sugars 17g

Protein 7g

Calcium 148mg