



## Honey Chocolate Custard

### *Ingredients:*

- 3 cups milk
- 20 grams raw honey
- 1 ½ tablespoons gluten free corn flour
- 3 eggs
- ¼ teaspoon vanilla essence
- 20 grams raw cacao

### *Method:*

Mix all ingredients together over a low heat and continue to stir until thickened. May need to use stick blender at the end to smooth out any lumps

Serve into small single serve bowls and keep in the fridge for tasty treats.

I often double the recipe so I'm not having to make them as often, they last in the fridge for a good 10 days (although not in my house)