



Honey Vanilla Custard

Ingredients:

- 3 cups milk
- 20 grams raw honey
- 1 ½ tablespoons gluten free corn flour
- 3 eggs
- 1 teaspoon vanilla essence
- Cinnamon to dust with at the end

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, dust with cinnamon 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)