

Custard

Yield: 12 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-yolk-custard-recipe-russian>

Ingredients:

- 8 egg yolks
- 1 cup raw honey
- 1 tablespoon coconut flour
- 3 cans coconut milk full fat, (13.66oz)
- 1 teaspoon vanilla extract
- 1 lemon zest

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 140 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 22 grams
8. Sodium: 20 milligrams
9. Sugar: 26 grams

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