

Colombian Christmas Custard (Natilla Colombiana)

Yield: 16 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/panela-recipe-indian>

Ingredients:

- 4 cups whole milk
- 8 ounces panela , or 1 cup packed light or dark brown sugar, plus 1 tablespoon molasses
- 3 cloves
- 4 cinnamon sticks
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup cornstarch
- 2 tablespoons butter
- 1 cup coconut frozen or fresh, shredded, optional
- 1 teaspoon vanilla
- 3/4 cup chopped nuts optional
- 1/2 cup raisins optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 4 grams
8. Sodium: 150 milligrams
9. Sugar: 6 grams

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