

# Russian Custard – GAPS Approved

Yield: 2 min  
Total Time: 30 min

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

## Ingredients:

- 7 egg yolks pastured
- 2 teaspoons honey local
- 1 teaspoon vanilla

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 585 milligrams
4. Fat: 13 grams
5. Protein: 8 grams
6. SaturatedFat: 5 grams
7. Sodium: 25 milligrams
8. Sugar: 5 grams

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