

South African No-Bake Milk Tart – Melktert

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-milk-tart-pie-recipe>

Ingredients:

- 1 package digestive biscuits or tennis, 7-9 oz.
- 1 stick melted butter
- 1 teaspoon ground cinnamon
- 1/3 cup all purpose flour
- 1/3 cup cornstarch
- 1 pinch salt
- 4 1/2 cups full-fat milk divided
- 1 cup sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 1 tablespoon butter
- ground cinnamon for dusting

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 255 milligrams
4. Fat: 38 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 23 grams
8. Sodium: 430 milligrams
9. Sugar: 64 grams

Thank you for visiting our website. Hope you enjoy South African No-Bake Milk Tart – Melktert above. You can see more 19 south african milk tart pie recipe Unleash your inner chef! to get more

great cooking ideas.