

South African Milk Tart

Yield: 8 min
Total Time: 120 min

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

Ingredients:

- 6 ounces butter softened
- 1/2 cup sugar
- 1 egg
- 2 cups flour
- 1 pinch salt
- 1/4 teaspoon almond extract pure
- 1 quart milk
- 1 tablespoon butter
- 1/2 cup sugar
- 2 eggs
- 3 tablespoons cornstarch
- 3 tablespoons flour
- 1 teaspoon pure vanilla extract
- 1 pinch salt
- 1 tablespoon cinnamon

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 140 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 14 grams
8. Sodium: 320 milligrams
9. Sugar: 33 grams

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