

Grand Marnier pots de creme

These creamy, orange-infused French custards are just sweet enough and are an elegant end to any meal.

6 servings
9 grams carbs

Ingredients

4 large egg yolks
2 large eggs
8 packets sugar substitute
1/8 teaspoon salt
3 cups heavy cream
1 tablespoon freshly grated orange rind (orange part only)
1/4 cup Grand Marnier
1 teaspoon orange oil, optional

Directions

Heat oven to 350F.
Place custard cups in baking pan (at least 1" apart); set aside.
Bring about 6 cups of water to a boil.

In a medium bowl whisk yolks, eggs, sugar substitute and salt until slightly thickened.
In medium saucepan over medium-high heat, heat heavy cream and rind for 3 minutes until mixture just comes to a boil.
Pour cream mixture into egg mixture, whisking constantly.
Whisk in Grand Marnier and orange oil (if using).
Pour custard through a strainer into cups, dividing evenly.
Cover cups with a sheet of aluminum foil.
Place baking pan on shelf in oven.
Pour in enough boiling water to reach half way up sides of custard cups.
Bake 20 minutes until custards are set in the middle.
Carefully transfer cups to a wire rack to cool to room temperature, then chill in the refrigerator at least 3 hours.



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