

Low-Carb Crème Anglaise

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, 1/3 cup/ 80 ml): Total carbs: 2.7 g, Fiber: 0 g,

Net carbs: 2.7 g, Protein: 3.2 g, Fat: 29.3 g, Calories: 294 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes about 2 1/3 cups)

2 cups heavy whipping cream *or* full-fat [coconut milk](#) (480 ml)

1 tsp [vanilla bean powder](#) *or* seeds from 1-2 [vanilla beans](#) *or* 2-3

tsp sugar-free [vanilla extract](#)

5 large egg yolks

6 tbs granulated [Swerve](#) *or* [Erythritol](#) (60 g/ 2.1 oz)

Instructions

1. Place cream and vanilla in a saucepan and heat over medium heat until barely simmering.
2. While cream heats, place egg yolks and sweetener in a bowl and whisk well until creamy and combined.
3. Slowly add hot milk a little at a time, whisking continuously. Once combined, return to saucepan and heat until thickened.
4. You can strain the custard before serving to remove any lumps and vanilla seeds.
5. Store in the refrigerator, covered for up to five days. Make sure that cling wrap covers surface of sauce.

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