

Creme Brulee Oatmeal Custard

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Serves 4

Blue – 5 points

Purple – 1 point

Green – 6 points

- 2 1/4 cups old fashioned oats
- 1/3 cup Lakanto Monkfruit or other zero point sweetener
- 1/4 tsp salt
- 3 1/3 cups unsweetened almond or cashew milk
- 2 eggs
- 2 tsp vanilla extract
- cinnamon
- 3 Tbsp zero point/zero calorie brown sugar replacement

1. Preheat oven to 350. Spray an 8×11 dish with non stick spray
2. Combine milk, eggs and vanilla in a large bowl.
3. Add oats, monkfruit, cinnamon (to taste) and salt. Mix well.
4. Pour into baking dish, spreading out
5. Bake 40-45 minutes or until center is jiggly but not runny. Edges should be light brown and pull away

slightly from the sides of dish.

6. Remove from oven. Sprinkle brown sugar on top. Return to the oven and bake until sugar is melted.
7. Turn oven to broil and heat until sugar bubbles slightly (about 1-2 minutes). Allow to cool slightly.