

Keto-friendly Crème Brulee

Ingredients

Heavy Cream 2 ½ C

Lakanto Monkfruit Sweetener ¼ C

Egg yolks 5, beaten

Vanilla 1 tsp

Sea salt pinch

Brandy 1 Tbsp (optional)

Directions

Heat oven to 325 degrees F. Place a shallow and wide pan...like a cake pan size...on the bottom rack of the oven...fill with water about halfway up and allow to heat with oven. (Water needs to be hot.)

In a saucepan, heat cream and half of the sweetener together...stirring constantly until mixture is hot but not to a hard boil.

In a bowl, beat the egg yolks together with the remaining sweetener. Temper the egg yolks by spooning about ¼ C of the hot cream into the eggs and whisking in thoroughly each time. Continue this process until all the cream has been added to the egg yolk mix. Return to the pan and heat until just barely boiling. Remove from heat.

Add the pinch of salt, vanilla and 1 Tbsp Brandy, if desired (Optional). Pour mixture into individual ramekins. (I used little 2 oz ones...you'll need about 24 of these little guys or 12 of the 4 oz size, etc. (Remember...the deeper you pour the mix, the longer the cook time.) Place ramekins into oven, one rack above the pan with water.

Bake for 15-35 minutes or until the very centers of the crème brulees are barely jiggly. (This time depends on how deep & how big your ramekins are.)

Remove from oven and allow to cool to room temp. Refrigerate at least 4 hours. Before serving, sprinkle about ¼ **tsp Lakanto Monkfruit sweetener** to each ramekin and use a torch to melt and brown the “sugar layer” on top. Serve with Heavy whipped cream and top with a raspberry, if desired.