

## LOW-CARB CREAMY VANILLA BEAN PUDDING

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Creamy and delicious vanilla beans flavour this easy 4-ingredient pudding. Give yourself lots of time to allow this pudding to cool before digging in to this low-carb treat.

### Ingredients

- 1 cup of Heavy Cream
- 1 Vanilla Bean
- 3 Egg Yolks
- 3 tablespoons of Erythritol

### Directions

1. Place the heavy cream into a saucepan over low heat.
2. Split the vanilla bean and scrape out the seeds, add the bean and seeds to the cream and allow to infuse for 5 minutes.

3. Turn off the heat and set aside to cool.
4. In a mixing bowl, add the egg yolk and erythritol and whisk until the mixture is pale.
5. If the cream is cool enough for you to put your finger in, it then it is ready to use. If not allow to sit for a little longer to cool.
6. Temper the eggs by pouring  $\frac{1}{4}$  of the cream mixture into the egg yolk and whisk to combine, add another  $\frac{1}{4}$  of the cream and finally all of the cream.
7. Pour the eggs and cream back into the saucepan and back over low heat.
8. Continually stir the mixture until it begins to thicken. The mixture is thick enough when it coats a spatula without dripping off.
9. Pour the pudding, through a strainer, into a clean mixing bowl and continue to stir as it cools for 5 minutes.
10. Place a sheet of cling film over the pudding and press it onto the surface to prevent a skin from forming.
11. Place the pudding in the fridge for 1-2 hours to cool before enjoying.
12. Serve with a few berries or some nuts and seeds on top.