



Serves: 4

Vanilla Custard

Ingredients

- Custard powder 2 tbsp
- Sugar 2 tbsp
- Cornstarch 1 tsp
- Egg yolks 2
- Low-fat milk 2 cups
- Vanilla essence ½ tsp
- Fresh strawberries, halved 4
- Chocolate powder 1 tsp

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.

Method

- Mix custard powder, sugar, cornstarch, egg yolks and ¼ cup of milk in a bowl until smooth paste. Stir in rest of the milk.
- Cook on low for 6 minutes, stirring at 2-minute intervals. Stir again before serving.
- Put inside the refrigerator and let it set.
- Sprinkle chocolate powder over and serve with strawberries.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 110kcal
Protein 4.3g
Total fat (g and % of total calories)
2.6g (21.5 %)
Saturated fat 1.6g
Cholesterol 10mg
Carbohydrate 17.1g
Dietary Fibre 0.4g
Sodium 57mg