



10 Day Alkaline Challenge

Menu Plan - Day 7 - Recipes

Dessert

Dairy-free Rhubarb Custards

INGREDIENTS:

3 rhubarb stalks, well washed & cut into 2cm lengths
125g coconut sugar
250ml plant based milk (almond, coconut, rice milk etc)
1 tsp vanilla paste or 1 tsp extract or 1 vanilla pod, scraped
3 egg yolks



METHOD:

1. Pre-heat the oven to 180C / Gas Mark 4 and grease 3 250ml ramekins
2. Bring a large saucepan of water to the boil. Add the rhubarb and half of the coconut sugar and cook over a medium-high heat for 7-8 minutes, until the rhubarb has softened. Drain and discard the liquid. Spoon the rhubarb evenly into the ramekins. Place the ramekins in a large baking dish
3. Combine the milk and vanilla in a small saucepan and bring to the boil. Reduce the heat and simmer for 5-10 minutes, stirring regularly
4. Whisk together the egg yolks and remaining sugar in a heatproof bowl. Slowly pour in the warm milk, whisking constantly. Strain through a fine sieve into a clean saucepan. Cook over a medium-low heat for 5 minutes or until the custard simmers and starts to thicken
5. Pour the custard over the rhubarb in the ramekins. Pour enough boiling water into the baking dish to come halfway up the sides of the ramekins. Bake on the lowest shelf of the oven for 30-35 minutes, until just firm. Remove the ramekins from the baking dish and set aside to cool for 5 minutes.

NOTE: Adding fruit such as strawberries or raspberries will enhance the flavour