



Creme Brulee

(Paleo, Dairy Free, Gluten Free, Soy Free)

1 cup full fat organic coconut milk
2 tablespoons organic honey
Pinch sea salt
1 vanilla bean, split and scraped
(reserve bean)
2 egg yolks
Organic coconut palm sugar

Preheat oven to 300°F/150°C. Combine coconut milk, honey, salt, vanilla seeds, and vanilla bean in a saucepan over medium heat. Stir occasionally, 4-5 minutes, until steam rises, but not to a boil. Let set for 10 minutes. Discard vanilla bean.

Into a blender on low, add the egg yolks and blend just until slightly lighter in color. While blender is still mixing, slowly add warm cream mixture onto the yolks, until it is completely combined. Be careful not to over mix (you don't want to scramble the eggs). Pour the custard into ramekins.

Place the ramekins inside a baking dish, and place the baking dish on the center oven rack. Carefully, pour the boiling water into the baking dish halfway up the sides of the ramekins, making sure not to get any water into the custard.

Bake for 45 - 50 minutes. Remove from oven when the custard is slightly firm, with still a little jiggle in the center. Let cool for about an hour on a wire rack, then cover with plastic wrap and chill 4-6 hours, or overnight.

When ready to serve, blot any moisture off the surface with a paper towel and sprinkle a thin layer of sugar on top of each ramekin.

Using a kitchen torch, lightly brown and caramelize the tops. Make sure to torch in the middle – too much heat on the edges of the ramekin will cause sides to burn. Put the ramekins in the freezer for about 5 minutes after torching to cool. If desired, garnish with fresh strawberries or raspberries. Serve immediately. **Serves 2-4.**