



Low Carb Vanilla Pudding

Ingredients

- 1 cup heavy cream
- 1 Tablespoon vanilla extract
- 3 egg yolks
- 3 Tablespoons erythritol/monk fruit blend- powdered is best

Directions

1. Put the heavy cream in a saucepan over low heat.
2. Add the vanilla extract and heat until very warm—but you should be able to dip your finger in and leave it for a few seconds.
3. Turn off the heat and set the pan aside.
4. In a medium mixing bowl, whisk the egg yolks and erythritol until it's a pale color.
5. Pour a $\frac{1}{4}$ of the cream mixture into the egg yolk mixture and whisk. Add another $\frac{1}{4}$ cream mixture and whisk again. Finally, add the remaining amount and whisk.
6. Pour the entire mixture back into the saucepan on low heat.
7. Use a silicone spatula and stir while the mixture thickens. It's done when the liquid coats the spatula and doesn't drip off.
8. Pour the mixture through a wire strainer into a clean bowl. Continue to stir the mixture until it cools, about 5 minutes.
9. Place a sheet of plastic wrap over the pudding and press it onto the entire surface. This will prevent a skin from forming as it cools.
10. Place in the refrigerator for 2 hours to completely cool before eating.

Makes 2 servings.

Each serving is 2 grams carbs; 6 grams protein, 25 grams fat; 250 calories.