

## Snow Eggs

**Hands On Time:** 30 minutes

**Total Time:** 45 minutes, plus chilling time

**Serves:** 6



Delicate meringue clouds float on a sea of vanilla flavoured custard in the ultimate sugar-free dinner party show stopper.

Sukrin Icing blend makes it so easy to create delicate and airy poached meringues and you will be pleasantly surprised at how truly simple this recipe is.

Finish the dish off with your choice of Sukrin syrups, but I like to use the traditional caramel flavour.

Enjoy!

### **INGREDIENTS:**

2 large egg whites

½ cup of **Sukrin Icing**

2 tablespoons of **Sukrin Icing** (separate)

1 teaspoon of cream of tartar

2 cups of coconut milk

2 teaspoons of vanilla extract

6 large egg yolks

**Sukrin Caramel Syrup**, to decorate

### **METHOD:**

First, make the meringues.

Beat the egg whites until stiff.

Add the **Sukrin Icing** and the cream of tartar and continue whisking until still and smooth.

Put the coconut milk in a pot and heat over medium heat until just at a simmer.

Using two large spoons, scoop out some meringue mixture and shape it between them into an egg shape.

Gently slide onto the milk and poach for 2 minutes, turning over half-way through.

I worked in batches of two so that I could keep an eye on them, but if you can do more at once then go for it.

Put the cooked meringues on baking paper and leave in a cool place while you make the custard.

DON'T put them in the fridge.

These meringues will hold their shape for a few hours.

Add the vanilla extract to the hot coconut milk.

Combine the yolks and additional 2 tablespoons of **Sukrin Icing** in a bowl. Slowly, whisking the whole time, trickle the hot coconut milk into the egg yolks.

Wash out the pot and return the milk and egg mixture. Cook over a medium-to-low heat, stirring constantly until the mixture has thickened enough to coat the back of a wooden spoon.

Be careful not to overheat or it will curdle.

Strain into a jug and then pour into six individual cold glasses. Chill until firm.

To serve, gently place a meringue snow egg on top of each bowl of custard.

Drizzle with approx. 1 tablespoon of **Sukrin Caramel Syrup**

**Best eaten straight away**

## NUTRITIONAL INFORMATION:



### Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
4.8 grams	5.4 grams	20.6 grams	245 kcal

Calories from carbs **8.4%**, protein **9.6%**, fat **81%**.

• Total Carbs **18.8** grams • Fiber **14** grams • Sugars **2** grams

• Saturated Fat **15.9** grams • Sodium **46.4** mg(2 %RDA)

• Magnesium **36.8** mg(9.2 %RDA) • Potassium **231** mg(11.6 %EMR)

### Ingredients (makes 6 servings)

2 large of egg white, fresh	66 grams	<input type="checkbox"/>
½ cup of Sukrin Icing, powdered sugar substitute	80 grams	<input type="checkbox"/>
1 tsp of cream of tartar, raising agent	1 grams	<input type="checkbox"/>
2 cups of coconut milk (full-fat, unsweetened)	452 grams	<input type="checkbox"/>
2 tsp of Vanilla extract, imitation, alcohol	8.4 grams	<input type="checkbox"/>
6 large of egg yolk, fresh	102 grams	<input type="checkbox"/>
6 tbsp of Sukrin Fiber Syrup Gold	120 grams	<input type="checkbox"/>
2 tbsp of Sukrin: 1, granulated sugar substitute	20 grams	<input type="checkbox"/>

Add all to basket

Add selected to basket