

CALORIE CONTROL RECIPES

DESERTS

Baked Custard with Nectarine – serves 6

440 g can nectarine slices in natural juice, or freshly sliced nectarines when in season

2 eggs

1 Tbsp brown sugar

1 cup non-fat milk

$\frac{1}{4}$ tsp vanilla essence

Drain nectarines, reserving $\frac{1}{2}$ cup of the juice. When using fresh nectarines, peel, slice and put into a saucepan, with a little water until fruit is covered. Simmer until nectarines are just getting soft. Place nectarines in the base of a 6 cup capacity baking dish. Beat eggs, brown sugar, milk, juice, and vanilla essence together and pour over nectarines. Bake at 180 C for 45-50 minutes or until the custard has set.