



CRÈME BRULEE

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Heavy Cream	60 gm heavy cream	
Protein	38.1 gm raw egg yolk	3.7 (-5.55 gm fat)
Fat	18.5 gm canola oil	6 (-5.55 gm)
Carbohydrate	<i>Carbohydrates served on top</i>	
Other	2 tsp. Da Vinci® sugar free vanilla syrup 4 gm erythritol	

DIRECTIONS

- Crack the shelled egg, then separate the egg white and yolk.
- Weigh the egg yolk in a small bowl.
- Add the canola oil and heavy cream to the yolk.
- Sweeten with sugar free vanilla syrup.
- Stir to combine; yolk should be fully mixed with ingredients.
- Preheat the oven to 350°F.
- Grease an oven safe ramekin with nonstick cooking spray.
- Pour mixture into the greased ramekin.
- Bake for 35-40 minutes until center is firm and edges are slightly golden.
- Transfer to a serving dish by carefully turning the ramekin upside down onto the plate.
- Top crême brulee with 4 grams of granulated erythritol.
- Brulee the granulated erythritol on the top of the dessert by using a torch, or serve as is.

VARIATIONS

- Carbohydrates can either be added to the recipe prior to baking or served on top.
- Other oils can be used such as macadamia nut or vegetable.
- Other flavored sugar free syrups can be used such as strawberry, chocolate, or raspberry.