

Low Protein Custard

Ingredients

1-1½ tablespoons custard powder

200ml low protein milk

1-2 teaspoons sugar (optional)

Method

1. In a saucepan, mix custard powder and sugar with a small amount of low protein milk.
2. Gradually add remainder of low protein milk.
3. Stir over heat until mixture boils and thickens.

Note

Flavouring/food colouring can be added to the above recipe.