

## Almond and Raisin Custard (Gluten-Free, Soy-Free)

This recipe is from Sandra Ramacher's Cookbook "Healing Foods - Cooking for Celiacs, Colitis, Crohn's and IBS." The book is based on the Specific Carbohydrate Diet and follows it 100%. Even though there are recipes which include dairy, most of the recipe are either dairy-free or the use of dairy is optional.

Readers in both the US and UK can purchase this cookbook from Amazon.

### Almond and Raisin Custard

Makes 6

500 ml (2 cups) almond milk\*  
5 eggs - whisked  
100 g (1/3 cup) honey  
1 tsp vanilla essence\*\*  
50 g (1/4 cup) raisins  
6 strawberries

Preheat the oven to 150°C/300°F

Combine the almond milk, eggs and vanilla essence in a medium size pot and heat, whisking constantly. Do not boil. Cook for 1 minute, then remove from heat and pour into the ramekins. Evenly distribute the raisins amongst the ramekins. Place the ramekins in a heatproof dish filled with water reaching half way up the ramekins. Bake in the oven for 45 minutes or until the tops start to feel firm. Remove from the oven and place the custards into the refrigerator for at least 3 hours before serving. Decorate with slices of strawberries.