

Preparation time: 30 minutes Serves 4

## Soy Milk Custard

Practically effortless to make, this delicious, lactose-free custard can be prepared under 30 minutes! Feel free to substitute the fruit toppings with other fruit (see pages 8–9).

Per serve	
Calories	23 kcal
Carbohydrate	0.5 g
Fat	0.8 g
Cholesterol	0 mg
Fibre	0 g

### INGREDIENTS

Egg whites 100 ml (3<sup>1</sup>/<sub>3</sub> fl oz / <sup>2</sup>/<sub>5</sub> cup)  
 Unsweetened soy milk 200 ml (6<sup>1</sup>/<sub>2</sub> fl oz / <sup>4</sup>/<sub>5</sub> cup)

#### Toppings

Tinned peaches 5–6 slices, drained  
 Pomegranate seeds a handful  
 White dragon fruit <sup>1</sup>/<sub>2</sub>, peeled and finely diced  
 Water chestnuts 5–6, peeled and finely diced  
 Almonds a handful, roasted  
 Sunflower seeds a handful

### METHOD

- In a mixing bowl, combine egg whites and soy milk. Mix well and strain through a fine wire sieve.
- Pour mixture into prepared serving glasses and steam over high heat for 8 minutes, or until custard is set.
- Garnish with toppings and serve hot.

