

lemon vanilla custard with blueberry sauce

Add this to your Easter menu, Lemon Vanilla Custard w/
Blueberry sauce.

Easter = chocolate bunnies. Not this year! For every holiday chocolate is key with my family. I'm in charge of making desserts for Easter. We are doing Easter dinner the day before this year so that everyone can join. My family be will surprised when I only have one chocolate dessert instead of three! This dessert is delicious! I will be making it once I get to New Jersey. Feel free to change up the flavors a little bit, use lime or orange zest/juice or raspberries or blackberries. Delicious!

xoxo,
Kristin

Topping: Combine the blueberries and water in a small pot over medium-low heat. Cook the blueberries until they pop and become a thick sauce. Refrigerate the sauce to thicken a bit more.

Custard: While the topping is cooling, in a medium saucepan, combine the coconut milk, egg yolks, lemon zest, lemon juice and honey. Whisk the ingredients until everything is combined. Cook the mixture for about 5 minutes over medium heat until it thickens slightly and coats the back of the spoon. Turn off the heat and whisk in the vanilla extract. While whisking, pour the gelatin into the mixture until it's completely dissolved.

Divide the custard evenly into 4 small ramekins and chill for at least 2 hours or until the custard is set. When you are ready to serve it, spoon some of the blueberry sauce on top. Top with some mint if desired.

Recipe from the cookbook: Paleo Performance