



Creamy Paleo Friendly Vanilla Coconut Custard

INGREDIENTS:

4 Eggs
2 teaspoons of BIBV Organic Vanilla Extract
1 can Organic Coconut Milk (not the low fat)
1/2 cup Organic Coconut Palm Sugar - Blonde
3/4 cup of Organic Unsweetened Shredded Coconut
Cinnamon, Nutmeg, Extra Coconut to Sprinkle on Top



INSTRUCTIONS:

1. Preheat oven to 325 degrees F. In a large heat proof bowl bring eggs to room temperature & whisk generously. Add the vanilla extract & whisk together.
2. In a medium saucepan heat coconut milk & coconut palm sugar. When it just starts to simmer, remove from heat.
3. Drizzle a 1/2 cup of the warm mixture into the eggs slowly to temper them, whisking the entire time, then whisk the egg mixture into the remaining warm milk. Stir in the shredded coconut.
4. Put 6 small 1/2 cup-sized ramekins into a large baking pan making sure there is space between each one. Fill pan with warm (not boiling) water to reach half way up side of ramekins. Divide custard batter evenly between them. Sprinkle spices & coconut over tops.
5. Bake 45-50 minutes or until custard is set in the middle. DO NOT Over cook.
6. Remove from pan, cool on wire racks, chill completely before serving.

*Recipe courtesy of Mary Ellen H.

Exciting News About Vanilla!

Pure Vanilla has over 200 healthy elemental chemicals that give it its taste and smell! Vanilla Extract contains numerous antioxidants, including vanillic acid and vanillin. Antioxidants protect your body from damage to harmful components, such as free radicals and toxins. Researchers in a 2007 study published in the "Journal of Agricultural and Food Chemistry" found that Vanilla Extract contains 26 to 90 percent of the antioxidants of unprocessed vanilla, depending on the type of antioxidant and the concentration of the extract. They concluded that vanilla showed great potential as a health supplement!

Not Just For Baking! While vanilla extract is delicious in many baked goods, you may also add it to other foods. Include it in smoothies, milkshakes and even plain yogurt for a warm, rich flavor. Add it to tomato based soups & sauces to reduce the acidity.

Bean In The Bottle Vanilla's Organic Pure Vanilla Extract is handcrafted using quality & socially conscious ingredients and free of chemicals & additives. We use organically grown Fair Trade or Direct Trade Vanilla beans purchased through wholesalers who buy directly from the vanilla farmers helping to create sustainability. Much care is taken in selecting premium ingredients to create our fragrant & flavorful Organic Vanilla Extract. We put a bean in every bottle & it will continue to age like fine wine! **Experience the Difference!**