

RECIPE

Karen's Creme Brûlée

is a very tasty, decadent dessert that is always a sure hit with everyone!

Shhhh don't tell anyone

is super easy to make.

It's our family tradition to make it on the 4th of July.



INGREDIENTS

- 2 cups heavy cream
- 5 egg yolks
- ½ cup sugar (or sugar substitute)
- 1 tablespoon vanilla
- ½ cup brown sugar (or brown sugar substitute)



PREPARATION

- Whisk the cream, egg yolk, sugar, and vanilla together in a bowl. Whisking until it is nice and creamy.
- Pour into 6 – 6 oz ramekins and place them in a 9"x13" cake pan.
- Fill the pan with hot tap water halfway up the ramekins.
- Bake at 300 degrees for about 70 minutes or until a knife inserted comes out clean.
- When done, sprinkle with brown sugar. Return to the oven on broil until brown sugar is melted. Keep a close eye on this step as it can happen very quickly.
- Remove ramekins from water bath, cool, then put in refrigerator to chill.
- Top with a dollop of whipped cream and your favorite summer berries and a sprig of mint. Enjoy!

MAKE IT KETO FRIENDLY

Use sugar substitute and brown sugar substitute — no carbs in eggs, vanilla or creme. Not to mention it's super delish!

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