



Laura's Recipe Corner

Great Recipes from Laura McKay!

5 Ingredient Vegan Crème Brûlée

<https://nadiashalthykitchen.com/vegan-creme-brulee/>

A smooth and creamy vanilla infused dessert made without dairy and only 5 ingredients! You can make it with a traditional 'burnt' sugar topping or you could skip that part for a speedy and lush dessert.

This 5 Ingredient vegan Crème Brûlée can be enjoyed hot, at room temperature or cold. The hubby preferred it hot whereas I thought the texture is much nicer when served cold. This treat would make an amazing after dinner dessert when you want something sweet yet light.

Since I'm using coconut milk as the base for this French dessert, I needed to find a way to add some thickness to the texture for which I used Agar Agar. I know it's not the kind of ingredient that you often see in supermarkets, but you can easily find it online and health food shops. I bought mine from Amazon.co.uk for just over £6 and even though that might seem like a lot, I've been using the same tub for months and I'm only half way through. I use it instead of gelatine in dessert, custards and jellies as well as to thicken sauces. I've even used it to make vegan cheese. I definitely think it's worth the investment, especially if you like experimenting with vegan desserts.

Ingredients:

- 1 cup (235ml) canned light coconut milk
- 2 tbsp coconut or brown sugar
- 1/2 tsp agar agar powder
- 1/2 tsp vanilla paste OR 1 tsp vanilla extract
- Pinch of turmeric



Directions:

Pour the milk in a saucepan and add in the rest of the ingredients. Cook on high mixing continuously ensuring there are no lumps of agar agar. Take off the heat just before it starts to boil.

Pour into ramekins and leave to cool. Place in the fridge for a couple of hours to set.

Optional – sprinkle 1 tsp of coconut or brown sugar on the top of each brulee and place under a hot grill for the sugar to caramelize.

Enjoy hot, at room temperature or cold!



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