



Sugar-free Creme Brulee

The Ingredients

- 2 cups whipping cream or heavy cream
- 7 egg yolks
- ½ cup brown or golden monk fruit sweetener, divided
- 1 ½ tsp vanilla extract
- ¼ tsp salt
- ⅛ tsp espresso powder (optional)
- fresh berries (strawberries, raspberries or blueberries)

Directions

- Preheat oven to 300 F. In a medium saucepan, warm the cream.
- In a separate bowl, whisk ¼ cup monk fruit with egg yolks until frothy. Add vanilla, salt and espresso powder.
- Slowly pour the warm cream into egg mixture, whisking vigorously until combined.
- Place four shallow ramekins onto a baking sheet and pour custard into ramekins. Pour warm water into baking sheet so that the ramekins are sitting in a water bath. Bake for 30-35 minutes or until center has a slight jiggle.
- Rest on the counter and refrigerate at least four hours or overnight.
- With the remaining ¼ cup monk fruit, sprinkle a thin layer on each ramekin and caramelize with a torch until browned. Top with berries.

[REFERENCE: STEP + SPOON](#)