

Cashew Maple Syrup Custard



Serves	6
Prep time	3 hours, 15 minutes
Cook time	10 minutes
Total time	3 hours, 25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Warm

Ingredients

- 100g raw cashews (soaked for 3 hours, then rinsed and drained)
- 600ml water
- 1 teaspoon vanilla essence
- 2 eggs (lightly beaten)
- 2 teaspoons maple syrup
- 2 1/2 tablespoons corn flour

Directions

1. In a food processor, grind the cashews to fine grains.
2. Add the water to the food processor and whiz for 1 minute.
3. Transfer the cashew "milk" to a medium saucepan, reserving about 1/4 of a cup. Add the vanilla, eggs and maple syrup and whisk until well combined.
4. Mix the corn flour with the reserved "milk" to a smooth paste, then whisk into the rest of the custard mixture.
5. Heat the custard over medium heat, stirring continuously for 5 to 10 minutes until thick.
6. Serve warm.
7. Left over custard can be stored in the fridge for a few days.



Note

Low Chemical / Failsafe

This recipe is adapted from [Quirky Jo's Cashew-Honey-Vanilla Bean Custard](#). If you want to do this in a Thermomix check out Jo's recipe for details.