



Vegan custard

Equipment

Measuring cups & spoons

Small Saucepan

Ingredients

1 and 1/2 cups Soy Milk

2-3 tps arrowroot

1 tsp rice malt syrup

1 tsp vanilla extract

What to do

Task 1 : Combine

In a saucepan combine arrowroot and soy milk. Whisk well to remove any lumps, then bring to a boil, stirring constantly, over medium heat.

Task 2 : Cook

Once boiling, reduce heat add rice malt syrup and simmer on a low heat, stirring, for a few minutes until thick and smooth. Add vanilla extract and remove from heat.

Task 3 : Serve

Serve hot or cold with your favourite treat.



Source: www.bensmenu.com.au