



## Vegan Crème Brûlée



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



23 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup s vanilla coconut milk beverage cold divided
- ☐ 2 tablespoons arrowroot starch (see sub options in post above)
- ☐ 14 ounce full fat coconut milk canned
- ☐ 3 tablespoons cashew butter (see sub options in post above)
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons agar flakes (see notes in post above)

- ☐ 2 tablespoons sugar for topping

## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ broiler

## Directions

- ☐ In a small dish, whisk together the ½ cup milk beverage and starch, until the starch is dissolved.
- ☐ Add the coconut milk, cashew butter, brown sugar, maple syrup, vanilla, and agar to your blender, and blend until smooth.
- ☐ Pour the coconut milk mixture into a medium saucepan and whisk in the remaining 1½ cups milk beverage. Turn the heat on to medium and whisk continuously while bringing the mixture to nearly boiling.
- ☐ Give the starch-milk beverage mixture another quick whisk, and then slowly add it to your saucepan while whisking.
- ☐ Continue cooking while whisking for about 3 minutes being careful that the mixture doesn't boil but stays very hot. It will thicken quickly.
- ☐ Pour the mixture into four crème brûlée dishes or ramekins; they will be quite full.
- ☐ Place the crème brûlées in the refrigerator for at least 6 hours or overnight.
- ☐ Just before serving, remove the crème brûlées from the refrigerator and let them stand for 5 to 10 minutes to warm up the dishes slightly.
- ☐ Sprinkle the tops of each vegan crème brûlée with about ½ tablespoons sugar.
- ☐ Using a kitchen torch, melt the sugar to form a crispy layer on top. If you don't have a torch, position a rack on the top level in your oven. Turn the oven on to broil, and place the ramekins under the broiler for 2 minutes (this method may soften the vegan crème brûlée a touch).

## Nutrition Facts



 **PROTEIN 3.86%**  **FAT 55.45%**  **CARBS 40.69%**

Properties

Glycemic Index:72.15, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:15.354347907979%

Nutrients (% of daily need)

Calories: 434.09kcal (21.7%), Fat: 27.86g (42.87%), Saturated Fat: 20.47g (127.93%), Carbohydrates: 46.01g (15.34%), Net Carbohydrates: 45.31g (16.48%), Sugar: 32.57g (36.19%), Cholesterol: 0mg (0%), Sodium: 23.29mg (1.01%), Alcohol: 0.69g (100%), Alcohol %: 0.46% (100%), Protein: 4.36g (8.72%), Vitamin D: 14.75µg (98.33%), Manganese: 1.47mg (73.29%), Magnesium: 107.55mg (26.89%), Copper: 0.52mg (25.87%), Iron: 4.57mg (25.39%), Vitamin B2: 0.29mg (16.9%), Phosphorus: 153.98mg (15.4%), Potassium: 381.12mg (10.89%), Zinc: 1.56mg (10.42%), Folate: 40.17µg (10.04%), Calcium: 86.31mg (8.63%), Vitamin B12: 0.37µg (6.15%), Vitamin B1: 0.07mg (4.95%), Vitamin B3: 0.87mg (4.37%), Vitamin B5: 0.4mg (4%), Vitamin B6: 0.07mg (3.65%), Fiber: 0.7g (2.79%), Selenium: 1.81µg (2.58%), Vitamin C: 0.99mg (1.2%)