

# VEGAN CUSTARD

## RECIPES FOR BABIES AND TODDLERS

### Vanilla custard



**01** Mix three cups of oats milk, 50 grams of cornflour, vanilla bean paste, and brown sugar in a pan.

**02** Put the pan on medium heat and cook with constant stirring until the mixture turns thick and creamy.

**03** Turn off the heat and set it aside to cool. Serve topped with fresh fruit slices.

### Coconut milk custard

**01** Mix 400ml of coconut milk, 77 grams of jaggery powder, 30 grams of dried fruit powder, and 30 grams of cornflour in a saucepan.

**02** Heat the mixture on a medium-low flame while stirring continuously until it thickens. Turn off the heat and set the pan aside to cool.



**03** Refrigerate the custard for a few hours and serve chilled.

### Creamy lemon custard

**01** Mix a tablespoon of arrowroot powder and a cup of almond milk in a saucepan.

**02** Add 60ml coconut milk, vanilla bean paste, lemon juice, and lemon zest to the saucepan.



**03** Put the saucepan on medium heat and cook the mixture with constant stirring until the mixture thickens and turns into a cream.

**04** Turn off the heat and set it aside to cool. Serve immediately or refrigerate to chill.

**05** Serve topped with dry fruit powder and fresh fruit puree/mash.