

Cleo Coyle's Dairy-Free Almond Milk Custard with Roasted Blueberries

Photos and text © by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) in collaboration with her husband, Marc

This easy, low-calorie stovetop custard can be served warm on a cold night, or chilled for a refreshing summer dessert. It's not only delicious, it's guilt-free because it's made with wholesome, nutritional ingredients like almond milk, eggs, and the superfood blueberries. We love how the lemon zest and vanilla work together with the nut milk to produce the light and lovely flavor of a homemade pound cake, and the roasted blueberries make an elegant topping. Why roast them? Because it brings out a "blueberry pie" sweetness without additional sugar. The roasting also creates a softer, cooked texture, which beautifully complements the finished custard. May you eat with joy! ~ *Cleo*

Makes 4 servings (about 160 calories per serving, including blueberries)

Ingredients:

4 tablespoons white, granulated sugar

3 tablespoons cornstarch

1/2 teaspoon lemon zest

Pinch of table salt

2 cups unsweetened almond milk (I use Almond Breeze Original shelf-stable, 30 calories per cup)

4 large egg yolks (keep whites for my [Little Chocolate Cotton Candy Cookies](#))

1 teaspoon pure vanilla extract

1 cup blueberries fresh or frozen

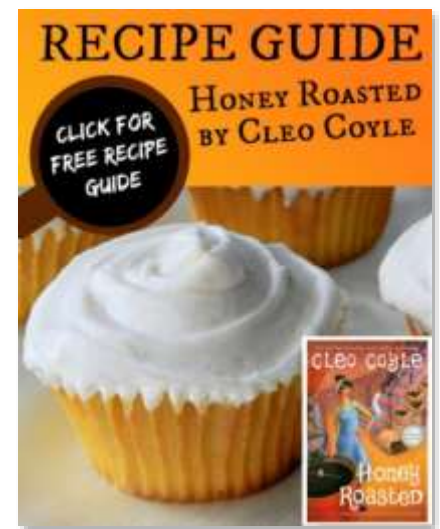
(optional) **Whipped cream** ([click here](#) for non-dairy recipe)

Hardware: whisk, silicone spatula, medium-size saucepan

Tip 1: For a quick video tip on the best way to separate an egg white from an egg yolk, [click here](#).

Tip 2: Waste not! Make great use of the 4 egg whites leftover in this custard recipe by using them to make my **Little Chocolate Cotton Candy Cookies**. For a free PDF of that recipe, [click here](#).

Tip 3: For a dairy-free whipped cream recipe, [click here](#).



Free Recipe Guide to Cleo's new culinary mystery **Honey Roasted:** [click here](#).





Step 1—Mix the ingredients. You are not cooking in this step. At the bottom of a medium-sized saucepan (off the heat!), whisk together these dry ingredients: sugar, cornstarch, lemon zest, and salt. Slowly add the almond milk, whisking to prevent any lumps from forming. Set aside. In a separate bowl, whisk the egg yolks very well. Now whisk the yolks into the almond milk mixture in your saucepan. (Do not add the vanilla yet.)

Step 2—Cook the custard. Set your timer for 10 minutes, place your saucepan over medium-high heat, and SLOWLY STIR, using your silicone spatula. You must stir constantly as the mixture cooks or the eggs may cook unevenly and you'll get little scrambled egg bits instead of smooth, delicious custard. As you cook, scrape down the sides of your saucepan. After the first 5 minutes of slow stirring, you'll see the mixture thickening. Turn the heat down to medium and stir more quickly to prevent a rolling boil. You may need to turn the heat even lower to prevent this. You want the mixture to thicken up but not to completely evaporate so try to prevent a hard boil. Continue cooking for the full, final 5 minutes.

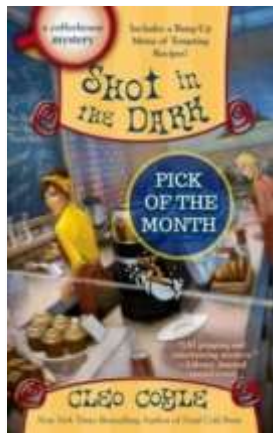


Step 3—Add vanilla and finish: Remove pan from heat and stir in the vanilla. This recipe makes just under 2 cups of custard. Divide the mixture up into 4 serving containers. If serving chilled, cover tops of containers with plastic wrap to prevent skin from forming. Chill until set, 1 to 2 hours, and serve with roasted blueberries. Whipped cream is a nice touch. For a dairy-free whipped cream recipe, [click here](#).

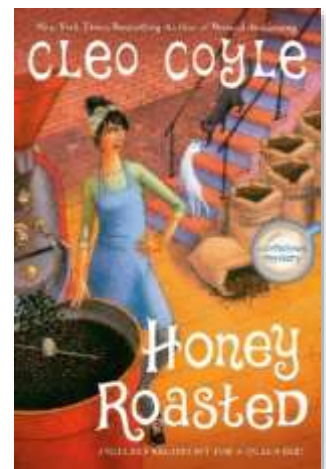


HOW TO ROAST BLUEBERRIES: Preheat oven to 350° F. Line baking sheet with foil and coat with nonstick spray. Spread **1 cup of blueberries** (fresh or frozen) and roast **15 minutes**. The blueberries will swell and some will burst (that's okay). Allow to cool before serving with the chilled custard. May you...

Eat with joy! ~ Cleo



The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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