Recipe Idea

Sugar Free Cherry Bake
(For 4-6 servings)

Preparation and cooking time: 1 h
Difficulty: easy
Cannot be frozen

Ingredients:
- 450 g cherries, pitted
- 225 ml milk
- 50 ml cream, 48% fat
- 4 eggs
- 55 g plain (all purpose) flour
- 110 g xylitol
- 1/2 tsp almond extract
- 1 pinch salt

Method:
1 Heat the oven to 190°C (170° fan) 375°F gas 5. Butter a 23cm | 9" flan dish or tin.
2 Arrange the cherries in the dish.
3 Combine the milk and cream in a pan and bring just to a simmer. Set aside.
4 Whisk together the eggs, flour, xylitol, almond extract and salt until blended. Gradually whisk in the hot milk mixture until smooth. Pour evenly over the cherries.
5 Bake for 40-45 minutes until the filling is set and the top is golden brown