

Low Carb Coconut Flan

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Servings: 8

Flan:

Ingredients:

- 1.5 cup of coconut cream or thick coconut milk
- 1 cup almond milk
- 4 eggs, room temperature
- $\frac{2}{3}$ cup of sweetener
- 1 tablespoon of vanilla extract
- Optional: For additional sweetness, you can add stevia

Caramel Sauce:

- $\frac{1}{2}$ cup of allulose

- 2 tablespoons of water

Hot water bath

Directions:

1. Preheat the oven to 350F
2. In a bowl, mix together the flan ingredients.
3. Butter or grease the entire inside of the pan.
4. Make caramel sauce
5. In a small saucepan, add ½ cup of allulose with water, on low heat
6. When the sauce begins to simmer raise heat to medium high
7. While stirring, allow to turn into an amber color
8. Remove from heat allow to cool slightly and then pour into prepared pan
9. Pour in the flan mixture.
10. Place the pan into a bigger dish and pour 1-inch of boiling water into the dish.
11. Bake for 45-50 minutes. Make sure the cake is done by checking it and making sure it comes out clean.

Nutrition:

Nutrition per serving:

- Calories - 128
- Fat - 11g
- Protein - 3g
- Total Carbs - 14g (mostly from sweetener)

- Net Carbs - 1.8g