

VANILLA CUSTARD



Prep and cook time: 20 minutes

Ingredients

- 2 eggs
- 3 tablespoons cornflour
- 3 cups reduce fat milk
- 2 tablespoons sugar
- 1 teaspoon vanilla essence

Method

1. Whisk eggs, cornflour and milk together in a saucepan until smooth.
2. Continue whisking over medium heat until the mixture is thick and creamy.
3. Remove from heat and whisk in sugar and vanilla until the sugar is fully dissolved.
4. Store in small containers in the fridge ready to be added to the lunchbox.

Lunchbox tip: remember to always pack an ice brick when packing custard in the lunchbox

