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RECIPE SERVICE

Image number: 11298389

Recipe number: R1105613

Sugar free ADHD food: cherry bake

(For 4 - 6 servings)

Prep and cook 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

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