

Pineapple-Chia Custard

Ingredients:

- 1 can (14 to 16 ounces) pineapple chunks in juice, not syrup, drained, reserve juice
- 1/2 cup Splenda
- 1/4 cup chia flour (see "All About Chia" in the nutrition tab of our website for instructions on making chia flour)
- 1/8 teaspoon salt
- 2/3 cup juice from pineapple
- 3 tablespoons lemon juice
- Grated peel from 1 lemon
- 3 egg yolks, beaten
- 2 tablespoons melted coconut oil or Smart Balance spread
- 3/4 cup low-fat milk
- 3 egg whites, stiffly beaten



Preparation:

Preheat oven to 325°.

Mix sugar, flour and salt; add pineapple juice, lemon juice, peel, egg yolks, the melted oil, and milk. Fold in egg whites. Put equal portions of pineapple chunks in 6 custard cups; pour custard mixture over pineapple chunks. Place custard cups in a large baking pan, place in oven, then pour about 1 inch of hot water into the larger pan. Bake for 45 to 50 minutes, or until a knife inserted in center comes out clean.

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