

## Baked Egg Custard

(serves 6 to 8)



### **Ingredients:**

6 eggs  
400 ml thickened cream  
400 ml milk  
½ cup white sugar  
¼ teaspoon ground cinnamon  
1 teaspoon ground nutmeg

### **Method**

Preheat oven at 180°C. Grease a casserole dish (25cm to 30 cm diameter) or a baking dish equivalent. Wisk eggs and sugar and then add the milk, cream, honey and cinnamon and wisk together again. Pour into baking dish and sprinkle the nutmeg over the top. Place in the oven for approximately 30 minutes or till the egg has set. Let cool and place in the fridge till ready. Serve with fruit and whipped cream.

You can also add an extra egg to the mix and also a cup of dried or fresh chopped (small) fruit.