

Banana Custard Pie

The custard calls for three large egg yolks, beaten. Separate the eggs ahead of time, placing the yolks in a small bowl covered tightly with plastic wrap, and let the yolks come to room temperature. Beat the yolks with a fork shortly before using. You can use the egg whites for some other purpose.

Recipe is from www.healthy.net. Serves 6.

1	prepared (baked) 9-inch pie crust or graham cracker crust
3 medium	ripe bananas
2 tbsp.	cornstarch
1/8 tsp.	salt
2 cups	milk
50 drops	SweetLeaf SteviaClear
1/2 tsp.	vanilla extract
1/8 tsp.	almond extract
1/8 tsp.	dried lemon peel
3 large	egg yolks, beaten
	whipped cream or whipped topping

Slice the bananas, and distribute the slices in the baked/prepared pie crust. Set aside

Place the cornstarch and salt in a medium-sized saucepan, and add a little of the milk, whisking until the cornstarch is completely dissolved. Pour in the remaining milk, and place the saucepan over medium heat. Heat, whisking frequently, until the mixture becomes visibly hot. Add SteviaClear, extracts, and lemon peel, then drizzle in the beaten egg yolks, still whisking. Cook over medium heat until thick – about 5 to 8 minutes longer.

Pour the hot custard over the banana slices in the crust, and let cool to room temperature. Let it sit for at least 2 hours. The custard will thicken further as it cools.

Top with a generous amount of whipped cream or whipped topping just before serving.

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Shopping List

Banana Custard Pie

<u>Ingredients</u>	<u>Wiegth or Volume</u>	<u>PLU #</u>
9-inch pie crust	1	_____
ripe bananas	3 medium	_____
cornstarch	2 tbsp.	_____
salt	1/8 tsp.	_____
milk	2 cups	_____
SweetLeaf SteviaClear	50 drops	_____
vanilla extract	1/2 tsp.	_____
almond extract	1/8 tsp.	_____
dried lemon peel	1/8 tsp.	_____
egg yolks	3 large	_____
whipped cream		_____

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almond extract	1/8 tsp.	_____
dried lemon peel	1/8 tsp.	_____
egg yolks	3 large	_____
whipped cream		_____