



Crème Anglaise

U.S.

8 fl oz (1 cup)	Soy milk, Unsweetened
8 fl oz (1 cup)	Cocnut Milk, Light
1/4 cup	Sugar, Granulated
1/8 tsp	Salt
2 Tbsp	Cornstarch
1/2 tsp	Vanilla Extract
1/8 tsp	Turmeric

Metric

236.6ml
236.6ml
49.5g
0.287g
16g
2.5ml
0.25g

Preparation:

1. Gather all ingredients and equipment.
2. In a small, non-aluminum pan, whisk all ingredients together except vanilla extract and turmeric. Be sure there are no remaining clumps of cornstarch.
3. Whisk over medium heat until mixture comes to a boil and remove from heat.
4. Whisk in vanilla extract and turmeric. Serve immediately.

Nutrition Facts

Serving size
Servings

1 Tbsp
36

Calories	14
Calories from Fat	0
Total Fat	0.4 g
Saturated Fat	0.3 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	12 mg
Carbohydrates	2 g
Dietary Fiber	0 g
Sugars	1 g
Protein	0 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg
