

## **Blueberry Crème Caramel**

### ***Van Dyk's Health Juice Products***

For 6 people

- ½ cup (125 ml) sugar
- ¼ cup (75 ml) Van Dyk's 100% Wild Blueberry Juice
- 1 cup (250 ml) full fat milk (3%)
- ¼ cup (75 ml) heavy cream
- 1 tsp (5 ml) vanilla extract
- ¼ cup (50 ml) sugar
- 2 eggs

Preheat oven to 350 F (175 C). Combine ½ cup of sugar and blueberry juice in a pot on the stovetop. Allow to simmer over medium heat until the liquid reaches the thread stage, or 108-118 F (215-235 C). Remove from heat and immediately pour into large ramekins.

Combine milk, cream and ¼ cup of sugar. Stir and heat over medium heat until hot but not boiling. Meanwhile, combine sugar, eggs and egg yolk. Temper the egg mixture with a little cream mixture. Once tempered, combine, mix and pour into ramekins.

Place ramekins in a baking dish, adding hot water so it comes three quarters of the way to the top of the ramekins (creating a bain-marie). Place into oven and bake for 40 minutes. The crème caramel should jiggle slightly when ready.

To serve, run a knife around the rim and invert onto serving plate. May be served warm or chilled.

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