

CARAMEL CROISSANT PUDDING

Gluten Free Dairy Containing
Low Chemical

Serves ~ 6-8

Ingredients:

4 gluten free croissants*

~ 2 cups caramel sauce**

- 1 cup for the croissants
- ½ cup for the custard
- ½ cup to drizzle before serving

4 eggs

300ml thickened cream

¾ cup milk

¼ cup light brown sugar



Method:

- Cut the croissants in half, length wise.
- Grease an oven-safe dish that is approximately 5cm deep and fits the croissants you have when cut in half and overlapped a little. (picture 26 cm x 26 cm)
- Generously spread some caramel sauce on the cut sides of the croissants
- Arrange the croissants over the base of the dish, slightly over lapping with croissant tops up
- In a bowl, whisk together the eggs, cream, milk, sugar and ½ cup caramel sauce
- Pour over the croissants, cover and stand at room temperature for one hour, to allow the custard to soak in. (if it is very hot, put it in the fridge)
- Preheat the oven to 180°C
- Bake the custard pudding for 45-55 minutes. The centre should be just set.
- Serve warm
- Drizzle extra caramel sauce over the top just before serving.

Tips:

* **Gluten free croissants** can be found at

- Wholegreen Gluten Free Bakery, Waverley
- Choices Gluten Free, Hornsby

You can substitute the gluten free bread of your choice if you cannot find croissants.

If you tolerate wheat, wheat croissants can be substituted.

** 2 suitable **caramel products** from Nestle are Top 'n' Fill and Squeezy Caramel Dulce de Leche