



PREPARATION: 5 MINUTES

BAKING: 35 MINUTES

8 SERVINGS

CUSTARD PIE

INGREDIENTS

4 large eggs

½ cup sugar

1 ½ cups hot milk

2 teaspoons vanilla extract

½ teaspoon nutmeg (or cinnamon)

1 deep dish pie crust, 9-inch, unbaked

1 tablespoon maple syrup

1 cup strawberry, sliced

Nutrient Analysis

PER SERVING:

½ of recipe

RENAL EXCHANGE:

1 Protein + ½ Fruit + 1 Starch

Calories	195 Kcal
Protein	6 g
Carbohydrates	30 g
Fibre	1 g
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	100 mg
Sodium	145 mg
Potassium	161 mg
Phosphorus	86 mg

PREPARATION

- 1 Place rack in middle position and preheat oven to 450°F.
- 2 In a bowl, whisk together eggs, sugar, milk, and vanilla extract.
- 3 Pour into the pie crust and sprinkle with nutmeg. Bake for 10 minutes at 450°F.
- 4 Reduce the oven temperature to 350°F and bake another 25 minutes or until custard sets.
- 5 Let cool or serve warm. Drizzle with maple syrup and add slices of fruit.