

Crème caramel

Sweet

level 

 1

 20 min



Ingredients

100 ml	Fresubin Energy Fibre DRINK Caramel
30 g	sugar
30 ml	water
75 g	cream (30% fat)
4 g	gelatine (2 sheets)

Nutritional information per serving:

Energy	506 kcal
Protein	10.8 g
Fat	28.0 g
Carbohydrate	51.0 g
Fibre	2.0 g



Alternative products:

Fresubin[®] 2 kcal DRINK

Preparation

Caramelize the sugar in half the quantity of water, then add the rest of the water. Rinse a ramekin with cold water and pour half of the caramel into it.

Add the cream and the Fresubin Energy Fibre DRINK Caramel to the rest of the caramel until it dissolves. Then add the softened/dissolved gelatine and pour into the ramekin. Leave to cool.

TIP:

Turn out onto a glass plate and decorate with whipped cream.