



Flan

Caramel



Dessert

Flan Caramel

Preparation time: 20 minutes

Cooking time: 1 hour 15 minutes

Makes: 1 portion

Ingredients

65ml Renastep™ (approx ½ bottle)

60ml double cream

½ tsp vanilla extract

1 egg yolk

50g white sugar

Method

1. Preheat the oven to 150°C/300°F/Gas Mark 2
2. Warm a ramekin in the oven so it is warm when you add the caramel.
3. To make the caramel, put 30g sugar and 2 tbsp water into a pan. Dissolve the sugar slowly, stirring with a wooden spoon over a low heat. When dissolved, stop stirring and boil until it goes dark brown colour. Remove from the heat to ensure the caramel does not burn. Once cooled pour into the ramekin.
4. To make the custard, place the Renastep, double cream and vanilla extract into a saucepan and heat on low. Beat the egg yolk with a whisk in a bowl and gradually beat in the remaining sugar until combined. Stir the Renastep mixture into the egg mixture and combine with a spatula. Set aside.
5. Pour the custard evenly into the ramekin on top of the caramel.
6. Place the ramekin in a roasting tin and pour boiling water into the tin until it comes half-way up the sides of the ramekin (Bain-Marie).
7. Bake in the oven for 60-75 minutes.

Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	689	353
Protein	g	6.7	3.4
Sodium	mg/mmol	80 / 3.4	41 / 1.8
Potassium	mg/mmol	87 / 2.2	44 / 1.1
Phosphorus	mg/mmol	162 / 5.2	83 / 2.7
Calcium	mg/mmol	92 / 2.3	47 / 1.2



When ready to serve, turn the cups upside down.



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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