



## **Chocolate Fudge Custard (for the Crock Pot)**

Adapted from Dana Carpender's *200 Low-Carb Slow Cooker Recipes*

You'll need a six-quart round Crock Pot for this recipe as well as a casserole dish that fits inside the crock and allows room for water to be poured around it.

### Ingredients:

- 1 cup unsweetened plain almond milk or Carb Countdown dairy beverage
- 3 ounces unsweetened baking chocolate
- $\frac{3}{4}$  cup SomerSweet, or  $\frac{2}{3}$  cup Splenda
- 1 cup heavy cream
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 pinch salt
- 6 eggs

In a saucepan, over the lowest possible heat (use a double boiler or heat diffuser if you have one), warm the milk with the chocolate. When the chocolate melts, whisk the two together, then whisk in the SomerSweet (or other sweetener.) Check sweetness at this point; you may need a tablespoon or so more.

Spray a 6-cup glass casserole dish with nonstick cooking spray. Pour the cream into it and add the chocolate mixture. Whisk in the vanilla extract and salt. Now add the eggs, one by one, whisking in well before adding the next one.

Put the casserole dish in your slow cooker and pour water around it, up to 1" of the top rim. Cover the slow cooker, set it to low, and let it cook for 4 hours.

After 4 hours, turn off the slow cooker, remove the lid, and let the water cool enough so that it does not scald you before removing the casserole dish. Chill the custard well before serving.

YIELD: 6 servings.