

Vanilla Custard Two Ways

Vanilla custard with egg

Traffic light category: **Amber**

Serves: 12 x 125mL serves

Ingredients

- 4 medium eggs
- 4 tablespoons cornflour
- 6 cups reduced fat milk
- 4 tablespoons caster sugar
- 2 teaspoon vanilla essence

Method

1. Whisk eggs, cornflour and milk together in a saucepan until smooth
2. Continue whisking on stove top on low heat until custard becomes thick and creamy
3. Remove from heat and stir in sugar and vanilla.

Variations

- Add 2 tablespoons of cocoa powder at step one for chocolate custard.

Serving suggestions

- Place custard in clear cups, top with seasonal fruit and a sprinkle of toasted coconut or granola (see the Granola crumble recipe on the WASCA website)
- Add stewed apple or apple and rhubarb.

Vanilla custard with custard powder

Traffic light category: **Amber**

Serves: 10 x 125mL serves

Ingredients

- ½ cup store bought custard powder
- 5 cups reduced fat milk
- 4 tablespoons caster sugar

Method

1. Combine custard powder and ¼ cup of the milk in a small jug, stir until smooth
2. Place custard mixture, sugar and remaining milk in a small saucepan over medium heat
3. Stir constantly until custard comes to the boil and thickens
4. Simmer, stirring for one minute.



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