

MONSTER CUSTARD

by Dr Taisia Cech



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This is the most reliable way I can get my kids to eat some greens; they love it!

This recipe has the goodness of greens, berries and nuts. It's high in calcium and is a perfect snack or dessert for kids. Adding blackstrap molasses also adds around 1mg iron to boost kids' iron intake for the day.

Ingredients

- 1 cup plant milk
- 4 tsp cornflour
- 2 tsp almond butter (or alternative nut butter)
- 1/3 cup baby spinach leaves (loosely packed)
- 1/2 cup frozen blueberries
- 2 tsp blackstrap molasses

PREP TIME: 3 MINS

COOK TIME: 3 MINS

TOTAL TIME: 6 MINS

SERVES: 2

Directions

1. Add the milk, cornflour, spinach and almond butter to a blender.
2. Blend on high for around 1 minute until smooth.
3. In a microwave-safe bowl, microwave on high for 1 minute, stir, and then microwave in 30-second bursts, stirring in between until thick. This will take about another 1-2 minutes. Or alternatively cook in a small pot over medium heat, bring to the boil then gently simmer for 1-2 minutes, stirring constantly until thick.
4. Stir in frozen berries and molasses to cool it down fast for hungry tummies.

Dr Taisia Cech is a GP who is board certified in lifestyle medicine and holds a certificate in plant-based nutrition. She has a lifestyle clinic, Plantify, in Nelson which offers individual and group lifestyle support, both locally and virtually. Find her at plantify.co.nz and on social media @plantifynz

