

Custard Breakfast Squares



Serves 6

Ingredients:

- 10 eggs
- 1 pint heavy cream
- 1 pint water
- 1 teaspoon almond extract
- 5 packets Splenda or other low-carb sweetener
- 1 teaspoon ground cinnamon (optional)

Instructions:

1. Pre-heat oven to 350°F.
2. Beat eggs in a large mixing bowl. Add remaining ingredients, except cinnamon. Blend well and pour mixture into an 8 x 8 non-metal baking dish. Sprinkle cinnamon on top, if using.
3. Place baking dish inside a larger baking dish of cool water; the water should be halfway up the side of the custard baking dish.
4. Bake for 40 minutes. Let cool, and refrigerate.

Nutrition per serving: Calories 409; Total Fat 38.2 g; Saturated Fat 21.0 g; Monounsaturated Fat 11.9 g; Polyunsaturated Fat 2.3 g; Total Carbohydrates 4.4 g; Dietary Fiber 0.2 g; Sugar Alcohols 0.0 g; Sugars 3.9 g; Protein 12.1 g; Sodium 137 mg