

Coconut crème "pina colada"

Sweet

level 

 1

 75 min



Ingredients

45 ml	Fresubin Energy DRINK Tropical Fruits
40 g	coconut flakes
60 g	cream (30% fat)
40 g	whole egg (1 small egg)
10 g	honey (1 teaspoon)

Nutritional information per serving:

Energy	596 kcal
Protein	11.8 g
Fat	50.0 g
Carbohydrate	22.0 g
Fibre	5.9 g



Alternative products:

Fresubin[®] Protein Energy DRINK

Preparation

Bring two-thirds of the coconut flakes to the boil with the cream, leave to cool slightly. Mix the Fresubin Energy DRINK Tropical Fruits with the egg and the honey.

Grease a heat-resistant ramekin with butter and sprinkle with the rest of the coconut flakes. Pour the mixture into the ramekin.

Leave to thicken in boiling water for about one hour.

Once it has cooled down, turn out the crème and decorate.

TIP:

Substitute
1 tablespoon of cream
with 1 tablespoon of
white rum and decorate
the crème with slices
of pineapple and
whipped cream.