



Maple Custard

Make the most out of maple season with this delicious dessert.

Photo by Stephanie Staton
Ingredients 3 eggs

2 cups milk

1/2 cup maple syrup

2 T. sugar

1/2 tsp. cinnamon

pinch of salt Preparation

Combine sugar and cinnamon, mixing until cinnamon is evenly distributed; set aside.

Beat eggs well. Add milk, syrup and salt, and stir to combine. Pour into six buttered custard cups; sprinkle each lightly with cinnamon-sugar. Set cups in a shallow pan filled with water that reaches about halfway up the side of the cups; bake at 350 degrees F for about 40 minutes. Custard is done when a knife inserted near the center comes out clean.