



Ingredients:-

100g Cornflour
150ml Almond Milk
A Splash of Water
4 Medium Eggs
Salt & fresh ground Black Pepper

Method:-

- (1) Heat your oiled tray in the oven at 220c until the oil is smoking.
- (2) Whisk all the ingredients vigorously.
- (3) Pour into the tray and return to the oven very quickly.
- (4) Cook at 210c for 10 minutes, reduce the heat to 200c for a further 10 minutes, then reduce the temperature to 180c and cook for the final 10 minutes.

COVID has ?blessed? us both with all sorts of odd and unwelcome long term additional allergies. For Sue this now means that she can?t tolerate Dairy products without considerable bloating and discomfort. So after a few dodgy attempts she?s finally created a recipe which works and tastes really good.