



CHOCOLATE CANELÉS

DIFFICULTY **EASY** ♦ PREP TIME **15 MINS** (EXCL. REFRIGERATION TIME)
BAKING TIME **1 HOUR 15 MINS** ♦ MAKES **16**

500 ml skim milk
25 g unsalted butter
1 egg
2 egg yolks
250 g xylitol
125 g whole-wheat flour
50 g cocoa powder (we used NoMU cocoa)
1 tsp vanilla extract
60 ml rum

Over a low heat, melt the butter in a pan and incorporate the milk. Remove from the heat and allow to cool to room temperature.

In a separate bowl, whisk the egg, egg yolks and xylitol. Mix the flour and cocoa powder in a bowl before folding into the egg mixture.

Stir in the vanilla extract and rum to your cooled butter and milk mix. Slowly start to this batter to the egg and flour mix, folding in till just incorporated.

Cover the batter with cling wrap and place in the refrigerator for at least 24 hours (48 hours would be ideal).

Preheat the oven to 250°C

Remove the batter from the refrigerator, giving it a gentle stir before filling each well in your canelés mould to about 3/4, allowing some space for the canelés to rise.

Bake the canelés for 15 minutes at 250°C before reducing the temperature to 180°C, leaving them to bake for a further 60 minutes.



Remove the canelés from the oven and unmould while they are still hot, placing them on a cooling rack to cool for a few minutes. Sprinkle with a little extra cocoa powder for that EXTRA chocolatey goodness and enjoy!

NOTE: These are best served fresh in order to enjoy the crispy outer shell and, to be honest, who could resist them for too long anyway?