

Helergon Kitchen

Coconut Orange Glow – Creamy Citrus Delight

20 min Prep time	**25 min** Cook time	**45 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups full-fat coconut milk
- [ ] 1 cup fresh orange juice
- [ ] 1/3 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 4 large egg whites
- [ ] 1 tbsp lemon zest
- [ ] 2 tbsp toasted coconut flakes, plus extra for garnish

Instructions

1. Preheat the oven to 325°F (160°C). Place a shallow baking pan on the middle rack and fill with hot water to create a bain-marie.
2. In a saucepan, gently warm coconut milk, orange juice, honey, and vanilla over low heat, stirring until honey dissolves; remove from heat and let cool slightly.
3. In a clean bowl, whisk egg whites with a pinch of salt until soft peaks form. Gently fold the warm coconut-orange mixture into the egg whites, adding lemon zest and toasted coconut.
4. Pour the batter into six ramekins, sprinkle a few extra coconut flakes on top, and bake in the water bath for 20-25 minutes, until the edges are set but the center still trembles.
5. Remove ramekins, let cool on a rack for 10 minutes, then refrigerate for at least 1 hour before serving.

Nutrition per serving

210 kcal	4 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the custard firms too quickly, reduce oven temperature by 10°F.
- For extra aroma, add a thin slice of fresh ginger to the coconut-orange mixture while warming.
- Serve with a side of fresh berries for a colorful contrast.