It Feels Like CHEATING

Everybody's Low-fat Favorites

FLAN

Serves: 4

Prep time: 10 minutes Cook time: 50-55 minutes

Exchanges: 1 very lean meat, 1/2 milk,

11/2 other carbohydrate

NUTRITION ACTS PER SERVING One custant cup

Calories: 163
Fat: 0 g
Cholesterol: 4 mg
Sodium: 178 mg
Carbohydrates: 28 g
Fiber: 0 g
Protein: 11 g

IMOREMENTS

// cup sugar

1/cups evaporated

skim milk

cup egg substitute

2 egg whites

2 tsp. vanilla

Directions

Preheat oven to 350 degrees.
Place sugar in small saucepan,
cook over low heat, stirring constantly, until sugar is melted and
golden brown. Divide sugar
evenly among 4 custard cups, tilt
to coat bottoms. Let stand at
room temperature for 5 minutes,
until hardened.

Meanwhile, combine milk, egg substitute, egg whites and vanilla in a medium bowl; mix until blended and frothy. Divide mixture among custard cups. Place cups in a square baking dish and pour very hot water into dish within ½ inch of tops of custard cups.

Bake 45 to 50 minutes, until a knife inserted in center comes out clean. Remove custard cups from baking dish and unmold. Refrigerate 4 to 6 hours before serving.



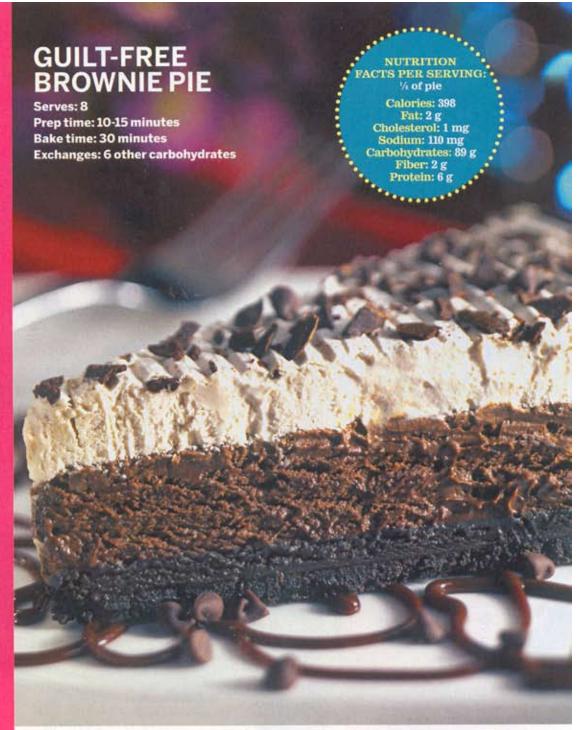


Evaporated skim milk has a thick, creamy consistency, similar to that created with heavy cream. Switch from heavy cream to evaporated skim milk and save 40 grams of fat and 300 calories for every ½ cup.

From
America's
Healthiest
Mom,
Jyl Steinback

rownie Pie. Chocolate-Chocolate Cake. No. you don't have to plan a "cheat day" from your weight-loss plan. All you have to do is follow the recipes in this section, thanks to Jyl Steinback, "America's **Healthiest Mom"** and Looking Good Now!'s senior editor. Jyl's been creating delicious and healthy recipes for years and the desserts featured here are all lowfat and guilt free. So go ahead and indulge yourself - you won't be sorry tomorrow!

Visit Jyl at her website: fatfreeliving.com All Photos: StockFood.com



Directions

Prepare brownie mix according to package directions. Spray glass pie plate with cooking spray and spread

batter evenly; bake according to package directions. Cool completely. Pour skim milk into a medium bowl, add pudding mix and beat until completely smooth and slightly thickened. Spread mixture over brownie crust. Spoon whipped topping over pudding layer and sprinkle with chocolate chips. Refrigerate until ready to serve.

INGREDIENTS:

1 box (18 oz.) nonfat fudge brownie mix 2½ cups skim milk 2 packages (3½-oz.) nonfat instant pudding mix (chocolate or vanilla) nonfat whipped topping, thawed 2 tbsps. miniature

chocolate chips

