

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,  $\frac{1}{2}$  milk,  
 $1\frac{1}{2}$  other carbohydrate

**NUTRITION  
FACTS PER SERVING:**  
One custard cup

Calories: 163

Fat: 0 g

Cholesterol: 4 mg

Sodium: 178 mg

Carbohydrates: 23 g

Fiber: 0 g

Protein: 11 g

### INGREDIENTS:

$\frac{1}{2}$  cup sugar  
 $1\frac{1}{2}$  cups evaporated  
skim milk  
 $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  cup.

From  
America's  
Healthiest  
Mom,  
Jyl Steinback

**B**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 low-fat and guilt free. So go ahead and indulge yourself — you won't be sorry tomorrow!

Visit Jyl at her website:  
[fatfreeliving.com](http://fatfreeliving.com)  
All Photos:  
[StockFood.com](http://StockFood.com)

## GUILT-FREE BROWNIE PIE

Serves: 8  
Prep time: 10-15 minutes  
Bake time: 30 minutes  
Exchanges: 6 other carbohydrates

### NUTRITION FACTS PER SERVING: ¼ of pie

Calories: 398  
Fat: 2 g  
Cholesterol: 1 mg  
Sodium: 110 mg  
Carbohydrates: 89 g  
Fiber: 2 g  
Protein: 6 g



### 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 (3¼-oz.) nonfat instant pudding mix (chocolate or vanilla)  
nonfat whipped topping, thawed  
2 tbsps. miniature chocolate chips

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## CHOCOLATE- CHOCOLATE CAKE

Serves: 16  
Prep time: 20 minutes  
Cook time: 40-45 minutes  
Exchanges: 4 other carbohydrates

**NUTRITION  
FACTS PER SERVING:**  
1/16 slice

Calories: 278  
Fat: 3 g  
Cholesterol: 1 mg  
Sodium: 318 mg  
Carbohydrates: 59 g  
Fiber: 1 g  
Protein: 10 g

### INGREDIENTS:

#### Cake

2½ cups flour  
¾ cup sugar  
¾ cup brown sugar  
1¼ cups unsweetened cocoa powder  
1½ tsp. cinnamon  
1½ tsp. baking soda  
1 cup skim milk  
1 cup nonfat vanilla yogurt  
¾ cup unsweetened applesauce  
½ cup egg substitute  
1 tbsp. vanilla extract

#### Cream Cheese Frosting

2 cups nonfat cream cheese, softened  
½ cup unsweetened cocoa powder  
1½ cups powdered sugar  
½ cup chocolate chips, chopped  
Topping:  
1 cup raspberries, if desired

### Directions

#### Cake

Preheat oven to 350 degrees. Spray two 9-inch round cake pans with cooking spray. In a large mixing bowl, combine flour, sugar, brown sugar, cocoa, cinnamon and baking soda, mix well. Add skim milk, yogurt, applesauce, egg substitute and vanilla; mix until blended. Divide cake batter and spread in cake pans. Bake 40 to 45 minutes, until a toothpick comes out clean. Remove cakes from oven and cool completely. Cut each cake in half horizontally (you will have four layers). Arrange one cake layer on serving platter, frost with cream cheese frosting. Repeat layers using all the cake and frosting. Top with raspberries, if desired.

#### Cream Cheese Frosting

In a medium bowl, combine cream cheese, cocoa and sugar and beat until smooth. Fold in chocolate chips.

