

Cream Cheese Custard

Marcelino Sanchez

Puerto Rico

Serving: 6-8 people

Yield: 6-8 slices

Time: 2:00 hours

Ingredients

Caramel Sauce:

4 ounces of sugar
1/2 cup of water

1 (12-ounce) can of fat-free evaporated milk
1/2 (14-ounce) can of non-fat sweetened
condensed milk
3 eggs
4 ounces of low-fat cream cheese
1/2 teaspoon of vanilla

Directions

- ✦ Preheat oven to 350° Fahrenheit.
- ✦ **Caramel Sauce:** In a small pot, mix sugar and water over low heat, swirling the pan (do not stir) for about 30 minutes or until caramel is formed.
- ✦ While caramel is cooking, combine evaporated milk, condensed milk, eggs, cream cheese, and vanilla in a blender.
- ✦ Pour caramel sauce in the bottom of the glass or ceramic flan or cake pan to create a thin layer. Add the egg and milk mixture to the pan and cook in oven for about 1 hour and 20 minutes or until thoroughly cooked.

Did You Know?

Using fat-free canned milk reduces the calories by over 30 percent but those benefits can be lost by eating larger portions, so use caution when serving.