



Raspberry Brulée

Ingredients

- 1 cup raspberries
- 2 cups nonfat milk
- 2 Tbsp nonfat powdered milk
- 3/4 cup egg substitute
- 1/3 cup sugar
- 1 Tsp vanilla
- 4 Tsp packed brown sugar

Preparation

Preheat oven to 325 degrees. Gradually add powdered milk to liquid milk and mix until dissolved. Add egg substitute, sugar, and vanilla and mix well. Place raspberries evenly in the bottom of six, 6-8 ounce custard cups or desert bowls. Pour mixture over raspberries. Place custard cups in a baking dish filled with 1 inch of water for 30-40 minutes or until custard is set. Sprinkle 1-teaspoon brown sugar over each cup. Broil with tops 4-6 inches from heat for 2-3 minutes or until brown sugar is melted. Serve immediately.

Serves 6

Serving Size: 6 oz.

Nutrition Facts (per serving)

Calories	152
Fat (g)	4
Saturated Fat (g)	1
Cholesterol (mg)	3
Sodium (mg)	117
Carbohydrate (g)	23
Fiber (g)	1
Protein (g)	7
Calcium (mg)	0

