### RECIPE

# **Classic Honey Flan**

Flan is a delicious custard dessert enjoyed throughout the world. End a special meal with this treat.

Makes: 4 Servings Prep Time: 20 minutes Cook Time: 45 minutes

Source: MyPlate.gov

#### Ingredients

- 1 egg (large, whole)
- 1/2 cup egg substitute
- 2 sprays of vegetable oil spray (non-stick)
- 1 1/2 cups milk (fat-free)
- 1/4 tablespoon honey
- 1 teaspoon vanilla
- 1/2 teaspoon lemon zest (grated)
- 1/2 teaspoon cinnamon (ground)

### Directions

- 1. Wash hands with soap and water.
- 2. Preheat oven to 325 °F.
- 3. Place saucepan with water on stove over medium-high heat and allow to come to a boil.
- 4. Spray four ovenproof custard cups with vegetable oil spray.
- 5. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy.
- 6. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.
- 7. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.



## Small Changes, BIG Difference!



### **Nutrition Information**

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	73
Total Fat:	<u>1 g</u>
Saturated Fat:	<u>0 g</u>
Cholesterol:	<u>48 mg</u>
Sodium:	<u>0 mg</u>
Total Carbohydrates:	<u>7 g</u>
Dietary Fiber:	<u>0 g</u>
Total Sugars:	<u>7 g</u>
Added Sugars:	<u>1 g</u>
Protein	<u>8 g</u>

### **Utensils Needed**

- Saucepan
- Muffin baking tin
- Small bowl
- Medium bowl
- Fork
- Spoon
- Measuring cups
- Measuring spoons
- Knife



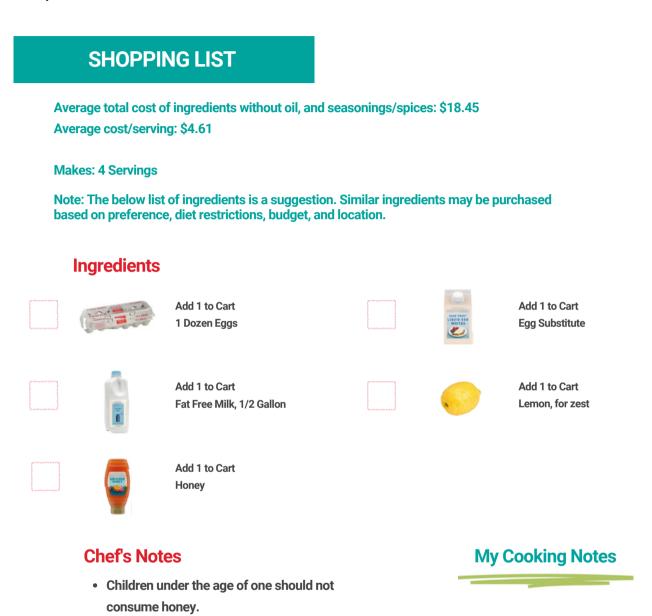
This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

### **Directions Continued**

8. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.

9. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.



### **Other Recipes**

- Banana Crumble
- Cranberry Oatmeal Balls



This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.