

# 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](https://www.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:	1 g
Saturated Fat:	0 g
Cholesterol:	48 mg
Sodium:	0 mg
Total Carbohydrates:	7 g
Dietary Fiber:	0 g
Total Sugars:	7 g
Added Sugars:	1 g
Protein	8 g

## Utensils Needed

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



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## 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.

## SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$18.45

Average cost/serving: \$4.61

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

### Ingredients



Add 1 to Cart  
1 Dozen Eggs



Add 1 to Cart  
Egg Substitute



Add 1 to Cart  
Fat Free Milk, 1/2 Gallon



Add 1 to Cart  
Lemon, for zest



Add 1 to Cart  
Honey

### Chef's Notes

- Children under the age of one should not consume honey.

### My Cooking Notes

### Other Recipes

- Banana Crumble
- Cranberry Oatmeal Balls



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