

from Mula sa Pusong: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

1/3 cup Sugar for caramel
2 cups Egg substitute
1 cup 2% low fat milk
1/2 cup Sugar
1 tsp Vanilla
1 sprig Mint leaves, finely chopped (optional)

Caramelize sugar in a non stick pan. Pour into small baking pan. Cool and set aside. In a double boiler, cook the egg substitute, low fat milk and sugar. Add vanilla and finely chopped mint leaves. Stir constantly until it thickens a bit. This process takes about 5 to 10 minutes on low to medium heat. Preheat oven to 350 degrees. Pour liquid ingredients in the baking pan. Cover with foil. Cook in Mary's bath for 20 to 25 minutes, until it solidifies.

Serves 4-8

Single Serving Nutrient Values

Calories 300.4 kc

Percent calories from fat 16

Protein 17.09 gm

Carbohydrate 45.64 gm

Cholesterol 5.830 mg

Sodium 253.0 mg

Total fat 5.331 gm

Saturated 1.555 gm

Polyunsaturated 2.053 gm

Monounsaturated 1.463 gm

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