

INGREDIENTS:

- ⅓ cup of sugar
- ¼ cup of water
- 2 cups of skim milk
- 1 (12 oz) can of evaporated milk
- 5 eggs
- 1 (8 oz) package of cream cheese
- 3 tbsp of granulated sugar substitute baking blend
- 1 tsp of vanilla
- Fresh fruit, for serving (optional)



Flan de queso (cheese flan)

Directions

1. Preheat the oven to 350 °F.
2. Add sugar and water to a small saucepan. Bring to a boil, swirling the pan occasionally until the contents caramelize and turn slightly brown.
3. Pour the caramel into a 2 quart baking dish, coating the bottom of the dish evenly. Set the baking dish aside until the caramel has cooled and hardened.
4. Meanwhile, blend the skim milk, evaporated milk, eggs, cream cheese, sugar substitute, and vanilla until smooth.
5. Pour the blended mixture into the baking dish, covering the caramel. Cover the baking dish with aluminum foil.
6. Place the covered baking dish into a larger baking dish. Add water to the larger baking dish, until the water reaches halfway up the sides of the smaller baking dish.

7. Place in the oven and bake for 60 minutes, until the custard is set, but still jiggly. To test for doneness, insert a knife into the middle of the flan. If the knife comes out clean, the flan is ready.
8. Carefully remove the baking dishes from the oven. Transfer the baking dish with the flan onto a rack. Let cool for 1 hour.
9. Refrigerate for at least 3 hours, until the flan is well chilled. To serve, run the tip of a small knife around the edges of the flan to separate it from the baking pan. Place a large plate on top of the flan and flip the flan onto the plate.
10. Top the flan with fresh fruit and serve!