

Raspberry Egg Custard

This berry custard can be served warm or cold at breakfast, brunch, or as a dessert. You can also make this with blueberries or a combination of raspberries and blueberries. Enjoy!

Serves: 4

Serving Size: ¾ cup

1 cup water
2 cups fresh raspberries
2 large eggs
4 tsp sugar substitute
1 tsp vanilla extract
¼ tsp salt
2 cups nonfat evaporated milk
¼ tsp nutmeg
Non-stick cooking spray



Directions:

1. Preheat oven to 350°F. Pour 1 cup water into a 9 x 13 inch baking pan and set aside.
2. Coat an 8 x 8 inch baking pan with non-stick spray.
3. Spread the raspberries evenly on the bottom of the 8 x8 inch pan.
4. In a small bowl, beat eggs, sugar substitute, vanilla, and salt until well blended. Add the nonfat evaporated milk and stir until blended. Pour the egg mixture over the raspberries.
5. Place the egg custard pan into the 9 x 13 pan. (The water will help prevent the custard from curdling.)
6. Bake for 35 minutes or until a knife inserted in the center comes out clean. Remove from the oven and sprinkle the nutmeg on top.

Per serving: 170 calories, 12g protein, 3g fat (1g saturated), 95mg cholesterol, 24g carbohydrate, 4g fiber, 19g sugar*, 300mg sodium

% Daily Value: Vitamin A 10%, Vitamin C 25%, Calcium 35%, Iron 4%

* The sugar in this recipe comes from the milk and raspberries, not added sugars.

