



TEMPTING CHEESE SNACK

Basic Lifestyle

Ingredients

2 eggs
3/4 cup low-fat milk
1/4 cup water
3/4 cup 3-5% soft white cheese, well-drained
1/4 cup farmer cheese
3/4 cup Splenda
1 TSP vanilla extract
cinnamon

Instructions

1. Combine all ingredients except cinnamon in a blender until almost smooth.
2. Pour into 6 (6 oz.) custard cups. Sprinkle with cinnamon.
3. Place in a baking pan. Pour hot water into the pan so that it reaches 1 inch up the sides of the custard cups. Bake at 350° for 35 minutes.
4. To remove, dip cups in hot water for a few seconds. Loosen with the tip of a knife and invert onto a plate.

Portion-Per-Serving Information (Yields 6 servings): Serving = 1 custard cup = 1 M

Suggestion: Garnish each cheese snack with 1 or 2 TBS of chopped apple.