



Crepe Brulee

Makes 4 servings

Calories 160

Prep Time 10 minutes

Total Time 2 hours, 25 minutes

Made with Splenda® Sugar Blend

Ingredients

- 1 cup whole milk

3 tablespoons + 2 teaspoons Splenda® Sugar Blend, divided use
- ¼ cup nonfat plain Greek yogurt

2 tablespoons brown sugar
- 2 large eggs

Fresh mixed berries, for garnish
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350°F. Place 4 (5-ounce) ramekins in a baking dish.
2. In a bowl, whisk together milk, yogurt, eggs, vanilla extract, and 3 tablespoons Splenda Sugar Blend until smooth.
3. Divide custard mixture evenly among ramekins.
4. Pour hot water into the baking dish until it comes halfway up the sides of the ramekins.
5. Bake for 40 minutes, or until custard is just set.
6. Remove ramekins from the baking dish and let cool on a rack for 30 minutes, then refrigerate for at least 1 hour.
7. Preheat broiler. Combine brown sugar and remaining 2 teaspoons Splenda Sugar Blend. Sprinkle over the top of each custardy. Broil for 3–5 minutes until sugar is caramelized. Watch carefully so sugar doesn’t burn
8. Serve with fresh mixed berries.

Nutrition Info Per Serving

Serving Size: 1 (5-ounce) cup custard

Calories	160	Total Carbs	23g
Total Fat	4.5g	Dietary Fiber	1g
Saturated Fat	2g	Sugars	21g
Cholesterol	100mg	Protein	7g
Sodium	70mg		