from Mula sa Puso: 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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