



## Stevia Recipes

### Flan with Stevia

Suitable for diabetics

#### Ingredients (for 6 people)

- 1/4 litre skimmed milk
- 3 eggs
- 85 g soluble dietary fiber\* (Inulin, extracted from chicory root. For example, Fibruline Instant from Cosucra).
- 2 heaped spoons of soluble dietary fiber (10 g) soluble dietary fiber (Oligofructose, extracted from chicory root. For example, Fibrulose F97 from Cosucra).
- 0,30 g Glycostevia-R60
- 3 drops of lemon juice

\*Inulin can be substituted for another egg



#### Preparation

To make caramel for the tin, add Oligofructose with 3 drops of lemon juice. Heat mildly (avoid burning), and spread uniformly on the tin bottom.

Add and beat milk, eggs, Inulin and Glycostevia in a deep container. Pour the mixture into the tin and cover with aluminium foil. Put all inside of a pressure cooker (with a little of water at the bottom and, if it is possible, with grille).

Cooking time: 20 min. It depends on the pressure cooker, and you can use a bain marie (double-boiler) too.

After it is chilled in the fridge, take out of the mold.

**Nutritional value:** 72 Cal./ration

**Difficulty:** Easy

**Preparation and cooking time:** 30 min.

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