

# Berry Cream Flan

Makes 12 slices

## **Crust:**

1 ½ cups	all-purpose flour
½ cup	granulated sugar
1 ½ tsp	baking powder
1/3 cup	soft non-hydrogenated margarine
2	egg whites
1 tsp	vanilla
3 cups	blueberries, strawberries or raspberries or mix of berries

## **Filling:**

2 Tbsp	all-purpose flour
2 cups	2% MF (or less) plain yogurt
1	egg, lightly beaten
2/3 cup	granulated sugar
2 tsp	grated lemon or orange rind
1 tsp	vanilla

1. Preheat oven to 350°F (180°C).
2. **Crust:** In a bowl mix together the flour, sugar, baking powder, margarine, egg whites and vanilla. Press onto bottom of 10 inch (28 cm) square cake pan, flan pan or spring form pan.
3. Sprinkle with berries.
4. **Filling:** In a bowl, sprinkle flour over yogurt. Add egg sugar, rind and vanilla; mix until smooth. Pour over berries.
5. Bake for 70 minutes until golden. Serve warm or cold.

**Recipe from:** Anne Lindsay, Lighthearted Everyday at Home

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