

From the Kitchen: Low Fat Crème Brulee



Ingredients:

170 g pitted dates, halved
100 ml golden syrup
1 vanilla bean, split lengthways, or 1 tsp vanilla essence
1 litre Nestlé All Natural 99% Fat Free Vanilla Yoghurt
1 cup white sugar

Method:

Cook dates, golden syrup and vanilla bean/essence in a small saucepan over medium heat for 5 minutes or until dates are soft. Divide mixture between four 1-cup capacity ramekins or glasses. Spoon yoghurt over the top. Stir sugar and ½ cup water in a saucepan over low heat until sugar dissolves. Bring to the boil and cook over high heat for 5-10 minutes or until sugar turns dark golden. Immediately remove from heat and pour a thin layer of caramel over yoghurt. Allow to set and serve immediately.

Source: <http://www.ausport.gov.au/ais/>