

## **ATKINS Cinnamon Flan Cups**

**SOURCE:** Cynthia DePersio

**Prep time:** 5 minutes   **Bake/Cook time:** 1 hour   **Chill time:** 2 hours

### **INGREDIENTS:**

1 C heavy or whipping cream

2/3 C water

3 TBS low-carb praline sauce

1/2 tsp ground cinnamon

2 large eggs

### **DIRECTIONS:**

1. Preheat oven to 325° F. Whisk eggs in large bowl. In small saucepan, bring cream, water, praline sauce + cinnamon to boil - gradually whisk cream mixture into eggs - return to saucepan.

2. Pour mixture through strainer into four 6-ounce ramekins or custard cups. Place cups in large roasting pan - carefully pour enough boiling water into pan to reach halfway up sides of cups. Cover entire pan with foil - bake 35 minutes till custards are set in centers. Let cups stand in pan at room temperature 15 minutes. Remove from pan - refrigerate, covered with plastic wrap, for 2 hours before serving.

Servings: 4

**Carbohydrates: 2.5 grams**

**Net Carbs: 2.5 grams**

**Fiber: 0 grams**

**Protein: 4.5 grams**

**Fat: 25.5 grams**

**Calories: 269**