

Custard for Cream Puffs

Ingredients:

- *1 ½ c. low-fat milk
- *1/2 pkg. unflavored gelatin
- *8 sugar substitutes
- *1 tbsp. cornstarch
- *2 large eggs plus 1 egg yolk
- *1/2 tsp. vanilla

Directions:

1. In a medium saucepan, bring the low-fat milk to a boil and remove from heat.
2. Process the gelatin, sugar, whole large eggs, egg yolk, and cornstarch in a blender.
3. With the blender running, pour 1c. of the warm low-fat milk through the top.
4. Transfer the mix back to the saucepan with the remaining low-fat milk and cook over medium heat, stirring constantly for about 3 minutes or until thick. Don't allow to boil.
5. Stir in vanilla.
6. Cool and then let chill for 4 hours.