

Protein-rich apple egg flan



Ingredients (serves 2)

- 1 medium-sized egg
- 2 egg whites (about 50 g)
- 100 g apple
- 60 g milk (option to use lactose-free)
- 10 g powdered skimmed milk
- A pinch of ground vanilla

Method

1. Peel and chop apple. Place in microwave-safe container and cook in microwave for 3-4 minutes at maximum heat. Drain and set aside.
2. Place in a blending container and add the other ingredients. Blend thoroughly.
3. Pour the mixture into two individual-sized silicone moulds and cook each mould separately in the microwave for 1 ½ - 2 minutes at maximum heat.
4. Store in refrigerator until set. Serve.