

Episode 7: **Sweet Potato Flan - No Sweets**  
(*Flan de Batata sin Caramelo*) - *Chef Irma Recipe*

**HOT APRICOT APPLE CIDER**

**Ingredients:**

- 1 cream cheese, low fat
- 1 can of condensed milk, lite
- 1 can of evaporated milk
- 1 cup of sweet potato puree
- 1 spoon of cinnamon
- 1/4 spoon of nuts
- 4 Eggs
- 1 can of papaya (optional)
- Vegetable oil spray
- Baking pan 8x3

**Instructions:**

1. In a bowl add the cheese and the sweet potato puree and mix with a fork until smooth.
2. Add eggs and mix all ingredients until all is built in.
3. Add the milk, cinnamon, and nutmeg, mix well.
4. Pour into the pan and spray pan with vegetable oil.
5. Bake in the oven at 300 degrees for 1 hour.
6. Let it cool out of the oven for 20 minutes and then take to refrigerator for 3 hours or overnight.
7. Decorate with papaya. Make a soft caramel layer using melted brown sugar.