

Whipped Evaporated Skimmed Milk

SEE 'EVAPORATED' AT RIGHT **LC** **LF**

- 1 cup evaporated skimmed milk*
- ¼ to ½ cup confectioners' sugar*
- 1 teaspoon vanilla extract*
- ½ teaspoon almond extract (optional)*

Pour evaporated milk into small mixing bowl. Chill with beaters in freezer 30 to 45 minutes, or until ice crystals form around edge of bowl. Beat on High for about 1 minute or until very frothy. Gradually add sugar and flavoring; continue beating for 2 minutes or until mixture is very stiff. Serve immediately or keep covered in refrigerator for up to an hour. Makes 5½ cups, about 22 servings.

Note: Whole or low-fat canned evaporated milk may also be whipped this way.

Per serving: Calories 18 Fat negligible Cholesterol none
Sodium 13 mg Percent calories from fat 1%