



Tres Leches Cake

INGREDIENTS:

1 each Cooking Spray
6 each Egg Yolks
2/3 cup Sugar
2 teaspoon Vanilla extract
2 cups Flour, all purpose
2 ½ teaspoon Baking powder
¼ teaspoon Salt
½ cup Skim milk
6 each Egg whites
3 Tablespoon Sugar

Milk Sauce

1 each Fat free sweetened condensed milk (14 oz)
1 each Fat free evaporated milk (12 oz)
½ cup Skim milk

PREPARATION:

- Preheat oven to 375° F.
- Spray large baking pan.
- Place egg yolks, 2/3 cup of sugar, and 2 teaspoons of vanilla in a large mixing bowl. Beat with a mixer until thick and pale.
- In separate bowl, mix flour, baking powder, and ¼ teaspoon salt; mix well.
- Add the flour mixture and the ½ cup of skim milk alternately to egg yolk mixture.
- In another large bowl, beat 6 egg whites on high speed until foamy. Then add the 3 tablespoons of sugar one at a time .
- Beat eggs until stiff peaks form.
- Gently fold egg white mixture in with the egg yolk mixture.
- Spoon batter into prepared baking sheet pan.
- Bake at 375° F for about 20 minutes.
- When cake is done, pull out of oven let rest for about 10 minutes.
- Then invert out of pan, and pierce the top of the cake with a fork making many fork spears.
- Prepare milk sauce. Make sure before pouring milk mixture over cake that you have a pan with a lip on it so extra milk does not run on you.
- Slowly pour milk mixture over cake, then let stand for at least two hours.
- Serve with fresh berries and low fat whipped topping.

Number of servings: **25**
Serving Size: **1 piece**
Calories per serving: **100**
Fat Grams per serving: **4**

