

Orange Tapioca Crème Brûlée

Makes 6 servings

1 cup 100% Florida orange juice
1/3 cup small pearl tapioca
2 cups 2% milk (or fat-free half & half)
2 eggs, separated (or ½ cup egg substitute plus 2 egg whites)
Pinch of salt
½ cup sugar substitute or sugar*
¼ teaspoon cream of tartar
1 teaspoon vanilla
1/8 teaspoon nutmeg
Zest of 1 Florida orange
6 tablespoons turbinado sugar**
Florida orange segments, optional
Fresh mint leaves, optional

Combine orange juice and tapioca in medium saucepan; let stand for 30 minutes. In a small bowl, combine milk, egg yolks and salt; add to orange juice mixture. Bring orange juice mixture to a boil over medium heat, stirring frequently; reduce heat to simmer and cook, uncovered, for 10 to 15 minutes until thickened. Meanwhile, beat egg whites in small mixing bowl; gradually add sugar substitute. When sugar substitute is dissolved, add cream of tartar and beat until stiff peaks form; set aside. Fold ¾ cup of orange juice mixture into beaten egg whites; then add to remaining orange juice mixture in saucepan. Fold and let cool. Add the vanilla, nutmeg and orange zest until blended. Divide mixture into 6 ramekins. Chill for at least 4 to 6 hours until firm. Just before serving, remove from refrigerator and sprinkle each ramekin with 1 tablespoon turbinado sugar. Caramelize sugar with small blowtorch, moving flame evenly back and forth over sugar just until sugar is melted and golden brown. Garnish each crème brûlée with orange segments and mint leaves, if desired. Serve immediately.

*Check sugar substitute packaging for amount equivalent to ½ cup sugar.

**Such as Sugar in the Raw®

Note: Orange Tapioca Crème Brûlées can be caramelized under preheated broiler. Place 2 to 3 inches from heat and broil 2 to 3 minutes, just until sugar is melted and golden brown.