

## Parmesan Breakfast Popovers

1/2 C. liquid egg substitute  
1 1/4 Cups whole grain flour  
1 C + 2 TBS fat-free milk  
1 TBS trans-free margarine, melted  
3 TBS grated Parmesan cheese

Preheat oven to 375 degrees. Coat 8 custard cups or popover pan cups with cooking spray. Whisk the egg substitute in a medium bowl. Add the flour, milk, and margarine, and whisk until the ingredients are combined. Stir in the cheese. Evenly divide the batter among the prepared cups. Place the cups on a large baking sheet. Bake for 30 minutes, or until the popovers are puffed and golden. Remove from cups and serve hot.

Makes 8 servings | 2 Weight Watchers points per serving

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