Lemon Pudding Cakes

Active Time – about 1 Hour, 15 minutes
Total Time - about 1 Hour, 15 minutes

Makes 6 Servings

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The egg whites are incorporated for making a fluffier, lighter batter, and so, care must be used to keep from over mixing the fluffy character of the egg whites away.

Lemons, medium sized, squeezed and zested	2 each
Eggs, separated	2 each
Salt	¼ tsp.
Sugar	¾ cup
Milk, skim	1 cup
Flour, all purpose	3 T.
Butter, melted	1 T.

STEPS:

- Preheat oven to 350°F.
- Grease six 6-ounce custard cups.
- Finely grate lemon peel to measure one tablespoon.
- Squeeze juice from lemons to measure 1/3 cup; set aside.
- In a small bowl with a mixer at high speed, beat egg whites and salt until soft peaks form.
- Gradually sprinkle in 1/2 cup sugar, beating until the sugar completely dissolves and whites stand in stiff peaks.
- In a large bowl, using the same beaters and the mixer at medium speed, beat egg yolks with the remaining 1/4 cup sugar until blended.
- To the large bowl add the lemon peel, lemon juice, milk, flour, and butter and beat until well mixed; occasionally scrape the bowl with a rubber spatula.
- Using a rubber spatula, gently fold the beaten egg whites into the egg yolk mixture until just mixed.
- Carefully pour batter into the prepared custard cups.
- Set custard cups in a 13” by 9” baking pan; place on oven rack.
- **Fill baking pan with boiling water to reach halfway up the sides of the custard cups.**
- Bake for 40-45 minutes or until pudding tops are golden and firm (pudding separates into cake layer on top and sauce layer underneath).
- Cool pudding in the custard cups on a wire rack.

NUTRITION:

SERVINGS 6; SERVING SIZE 1 pudding cup; CALORIES 130kcal; FAT 3.5gm