

Topping For Pie

Canadian Mennonite Cookbook - 1974

2 egg whites
2 teaspoons confectioner's
sugar
1 ripe banana, crushed
1/2 teaspoon vanilla

In a bowl, beat the whites of the eggs until stiff.

Add the confectioner's sugar. Stir with a fork.

Add the banana to the egg whites. Add the vanilla.

Beat until the mixture stands in peaks.

Per Serving (excluding unknown items): 59 Calories; trace Fat (0.1% calories from fat); 7g Protein; 6g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 110mg Sodium. Exchanges: 1 Lean Meat; 1/2 Other Carbohydrates.