

# Raspberry Tapioca Parfait

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 8

*1 egg white  
5 tablespoons sugar  
1 egg yolk  
2 cups milk  
3 tablespoons quick-cooking tapioca  
1/2 teaspoon salt  
1/8 teaspoon nutmeg  
1/8 teaspoon vanilla  
2 teaspoons lemon juice  
1 teaspoon grated lemon peel  
1 cup cream, whipped  
1 1/2 cups frozen raspberries or sweetened fresh raspberries*

Whip the egg white until foamy. Add two tablespoons of sugar, one tablespoon at a time, and continue beating until the mixture stands in very soft peaks. Set aside.

In a saucepan, mix the egg yolk with a small amount of milk. Add the remaining milk, tapioca, remaining three tablespoons of sugar, salt and nutmeg. Cook and stir over medium heat until the mixture comes to a boil. Pour a small amount of the hot mixture into the beaten egg white. Blend well.

Add the remaining mixture gradually, stirring constantly. Add the vanilla, lemon juice and lemon peel. Cool. Stir after 15 to 20 minutes.

When cold, fold into the whipped cream.

Fill the parfait glasses with alternate layers of pudding and raspberries. Top with additional berries and whipped cream.

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Per Serving (excluding unknown items): 151 Calories; 10g Fat (59.6% calories from fat); 4g Protein; 12g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 182mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.