

Lemon Pudding II

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

Servings: 6

*2 egg yolks, beaten
2 egg whites, beaten
juice of one lemon
rind of one lemon
1 cup sugar
1/2 cup flour
1 cup sweet milk
1/2 tablespoon butter,
melted*

Preheat the oven to 350 degrees.

In a bowl, beat the egg yolks, adding the lemon juice and a little lemon rind, the flour, milk and butter. Add the egg whites.

Place the mixture into a glass baking dish.
Place the baking dish in a pan containing hot water. Place the pan in the oven.

Bake for one-half to three-quarters of an hour.

The top should be light brown when finished.

Per Serving (excluding unknown items): 201 Calories; 3g Fat (12.2% calories from fat); 3g Protein; 41g Carbohydrate; trace Dietary Fiber; 73mg Cholesterol; 31mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 2 Other Carbohydrates.