

Lemon Sponge or Snow Pudding

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

*1 envelope gelatin
1/4 cup cold water
1/4 cup sugar
1 cup hot water
1/4 cup lemon juice
grated rind of one lemon
2 egg whites
1/4 teaspoon salt*

Soften the gelatin in cold water.

Add the sugar, salt and hot water. Stir until dissolved.

Add the lemon juice and lemon rind.

Cool. When quite thick, beat until frothy.

Add the egg whites, beaten stiff. Continue beating until stiff enough for the pudding to hold its shape.

Per Serving (excluding unknown items): 322 Calories; 0g Fat (0.0% calories from fat); 9g Protein; 75g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 709mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 4 1/2 Other Carbohydrates.