

Marshmallow Pudding

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

*1 tablespoon gelatin
1/2 cup cold water
1/4 cup hot water
1/2 cup sugar
dash salt
3 tablespoons cocoa
2 egg whites
1 teaspoon vanilla*

In a bowl, soak the gelatin in cold water for 5 minutes.

In a saucepan, combine the hot water, sugar, salt and cocoa. Boil for 1 or 2 minutes, stirring constantly.

Add the gelatin. Remove from the heat, stir until the gelatin is dissolved. Cool.

In a bowl, beat the egg whites until stiff. Add to the chocolate mixture. Add the vanilla. Beat thoroughly.

Pour the mixture into a mold.. Allow to harden.

Serve with any custard or whipped cream.

Per Serving (excluding unknown items): 480 Calories; 2g Fat (3.9% calories from fat); 10g Protein; 113g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fat; 7 Other Carbohydrates.