

Ingredients

Preparation time: 1 hour

Servings: 4-6

1 Tbsp. unsalted butter

2 Tbsp. self-rising flour

2 eggs

½ cup sugar

Juice and rind of 1 lemon

1 cup low-fat milk

Directions

1. Preheat oven to 350°F.
2. Beat butter and sugar well until lighter in color.
3. Add the flour, juice and rind of lemon and mix well.
4. Separate the egg yolk from the white (carefully).
5. Add the well beaten egg yolks and milk to the mix (KEEP WHITES ASIDE).
6. Beat the egg whites until stiff and gently fold into the mixture until just combined.
7. Pour into a greased medium casserole dish. Stand the casserole dish in a larger dish (e.g. baking dish) & fill the larger dish with cold water to midway up the casserole dish. Bake for ~45 min. When cooked, it should be a feathery sponge on top & creamy custard beneath.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Lemon Delicious Pudding	
Amount	1 slice
Calories	193
Fat (g)	5
Sat. Fat (g)	2.5
Carb. (g)	33
Fiber (g)	0
Protein (g)	5

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Cooking Tip

This dish can also be done in individual ramekins for easier service, but you may need to reduce the cooking time a little if you do. Top with fresh berries like strawberry, blackberry, and raspberry to add a sweet and tart flavor and color contrast.

Performance Facts

Lemons are a rich source of Vitamin C, which aids in tissue repair throughout the body. Since Vitamin C can impair training adaptations if taken in high doses, it is best consumed from food sources rather than in supplement form, because food sources carry virtually no risk of excessive intake.

