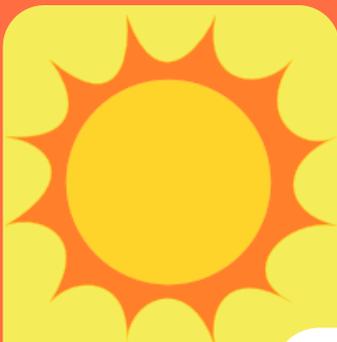


Heart Healthy Dessert Recipe of the Month: June 2016



Nutritional Information (ESTIMATED)

Serving Size:

6

Calories 165

Total Fat 3.5g

(5%)

Cholesterol 60mg

(20%)

Sodium 156mg

(6%)

Potassium 108mg

(3%)

Total Carbs 30.6g

(10%)

Dietary Fiber 0g

(0%)

Sugars 27.5g

Protein 3.7g

*Based on a 2000
calorie diet

Mini Lemon Pudding Cakes

Serves 6

Ingredients

2 eggs

1/4 tsp. salt

3/4 cup sugar

1 cup skim milk

1/3 cup freshly squeezed lemon juice
(about 1 large lemon)

3 tbsp. all-purpose flour

1 tbsp. finely grated lemon peel

1 tbsp melted butter

Low-fat cooking spray



Directions

1. Heat oven to 350°F. Coat six 6oz custard cups with cooking spray.
2. Separate eggs and place whites in a mixing bowl; place egg yolks in a separate bowl. Beat egg whites and salt on high speed. Gradually add 1/4 cup of sugar and beat until sugar is completely dissolved (stiff peaks will form).
3. Using a whisk, beat egg yolks and 1/2 cup sugar; add milk, lemon juice, flour, lemon peel, and butter. Mix until smooth, about 2 to 3 minutes.
4. Using a rubber spatula, gently fold egg whites into egg yolk mixture until just combined.
5. Place 1/2 cup of the mixture into each custard cup. Set custard cups in a 13x9 inch baking pan and place in the oven. Fill baking pan with boiling water until water reaches halfway up the sides of the custard cups.
6. Bake for 40 to 45 minutes until pudding tops are golden and firm. Remove from oven and baking pan and cool custard cups on a wire rack.

Adapted from: <http://www.mayoclinic.org/healthy-lifestyle/recipes/lemon-pudding-cakes/rcp-20197725>