

“Lemon” Delicious Pudding



Serves	4
Prep time	20 minutes
Cook time	30 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Glutamate Challenge , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Child Friendly

Ingredients

- 4 tablespoons lemon juice substitute (Refer to Basics page)
- 4 eggs (separated)
- 50g butter (softened)
- 3/4 cups caster sugar
- 4 tablespoons plain white flour (sifted)
- 1 cup milk
- Canola oil spray
- Hot water

Directions

1. Preheat the oven to 180°C. Spray four small ramekin dishes with the canola oil spray.
2. Beat together the butter and sugar until pale and creamy.
3. Add the lemon juice substitue and beat for another minute until well combined.
4. Add the flour and milk and mix until just combined.
5. Lightly beat the egg yolks into the mixture.
6. In a separate bowl beat the egg whites until they are almost holding their shape. Add two spoonfuls of egg white to the pudding mixture and fold in gently with a large spoon. Repeat until all the egg white ihas been added.
7. Spoon the mixture evenly into the ramekins.
8. Place the ramekins into a large baking dish. Fill the baking dish with water until is 2/3 up the sides of the ramekins.
9. Bake in the oven for 30 minutes or until cooked and golden on top.
10. Serve on its own or with some cream, vanilla ice cream or vanilla yogurt.
11. If you're worried about hot ramekins and children, wrap the ramekin in a tea towel before serving.



Note

Low Chemical / Failsafe

Refer to the [Basics Page](#) for Lemon Juice Substitute.