



Berry Pudding Cake

Makes 6 servings

Ingredients

Nonstick cooking spray
2 eggs
¼ cup sugar
1 teaspoon vanilla
Dash salt

1 cup fat-free milk
½ cup all-purpose flour
½ teaspoon baking powder
3 cups assorted fresh berries (such as raspberries, blueberries and/or sliced strawberries)

Instructions

1. Preheat oven to 400 degrees.
2. Lightly coat six 6-ounce individual quiche dishes with nonstick cooking spray. Arrange in a 15x10x1-inch baking pan; set aside.
3. In a medium bowl, combine eggs, granulated sugar, vanilla and salt; whisk until light and frothy. Whisk in milk until combined. Add flour and baking powder; whisk until smooth.
4. Divide berries among prepared quiche dishes. Pour batter over berries. (Batter will not cover berries completely.)
5. Bake about 20 minutes or until puffed and golden brown. Serve warm. If desired, sift powdered sugar over each serving.

Nutrition Facts

Serving size: 1 slice: Calories 141; Total Fat 2g; Saturated Fat 1g; Cholesterol 71mg; Total Carbohydrates 26g; Protein 5g; Dietary Fiber 3g; Sodium 86mg

Recipe Courtesy of www.diabeticlivingonline.com

