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Subject: WARM GINGERBREAD PUDDING FROM LHJ ONLINE
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WARM GINGERBREAD PUDDING FROM LHJ ONLINE <http://www.lhj.com>

Fresh ginger updates an old favorite, Indian pudding, New England's cornmeal and molasses dessert. This version is lighter, too, thanks to the egg whites folded in. If you like, use dark molasses for a more intense flavor.

Prep time: 15 minutes
 Baking time: 35 to 40 minutes
 Degree of difficulty: easy
 Low-fat
 Low-calorie

- 2 1/2 cups milk
- 1 cup yellow cornmeal
- 1 cup unsulfured molasses
- 2 tablespoons flour
- 1 1/2 teaspoons grated fresh ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 3 large eggs, separated
- 1 teaspoon baking powder
- Vanilla ice cream
- Pure maple syrup

1. Heat oven to 375 degrees Fahrenheit. Butter shallow 2-quart baking dish.
2. Combine milk and cornmeal in large saucepan. Bring to boil, whisking; reduce heat and simmer, stirring constantly, 5 minutes. Remove from heat and whisk in molasses, flour and seasonings, then yolks. (Can be made ahead. Cover and let stand at room temperature up to 1 hour.) Whisk in baking powder.
3. Beat egg whites in large mixer bowl to soft peaks. Fold egg whites into cornmeal mixture. Pour into prepared dish. Bake 35 to 40 minutes, until

center is just set. Serve warm with vanilla ice cream and maple syrup.

Makes 8 servings.

PER SERVING WITHOUT ICE CREAM AND SYRUP

Calories 260
Total Fat 5 g
Saturated Fat 2 g
Cholesterol 92 mg
Sodium 279 mg
Carbohydrates 47 g
Protein 7 g

DAILY GOAL

Calories 2,000 (F), 2,500 (M)
Total Fat 60 g or less (F), 70 g or less (M)
Saturated Fat 20 g or less (F), 23 g or less (M)
Cholesterol 300 mg or less
Sodium 2,400 mg or less
Carbohydrates 250 g or more
Protein 55 g to 90 g

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