

# Banana Pudding Cake

*Eleanor Hill*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 6**

*3 egg yolk*

*2 very ripe bananas*

*1 teaspoon vanilla extract*

*1/3 cup flour, sifted*

*1 teaspoon artificial*

*sweetener*

*3 egg whites, stiffly beaten*

Preheat the oven to 325 degrees.

In a bowl, beat the egg yolks and bananas until smooth. Add the vanilla, milk, flour and sweetener. Mix well. Fold in the beaten egg whites gently. Spoon the mixture into a greased one-quart baking dish. Place in a larger pan filled with one-half inch of water. Place the larger pan into the oven.

Bake for 30 minutes or until puffed and golden brown. (You may microwave on "Defrost" for 15 to 17 minutes, turning the dish every 5 minutes.)

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Per Serving (excluding unknown items): 40 Calories; 3g Fat (61.1% calories from fat); 3g Protein; 1g Carbohydrate; 0g Dietary Fiber; 106mg Cholesterol; 31mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.