

PUDDINGS



Strawberry Meringue Cups



BAY VALLEY
F O O D S

Strawberry Meringue Cups

12 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Meringue powder	1 Tbsp.	Combine meringue powder, water, and half the sugar in large mixing bowl. Beat at high speed 5 minutes. Gradually add remaining sugar, beating until meringue is stiff and glossy.	190 (150) calories
Cold water	1/4 cup		2 (2) g protein
Granulated sugar	7 Tbsp., divided	Grease and flour baking sheets or line with parchment paper.	34 (35) g carbohydrate
Bay Valley Foods® or Thank You® Brand Vanilla Pudding , regular or fat free	1 1/4 qts.		< 1 (< 1) g fiber
Prepared whipped topping	1 1/4 cups	Fit pastry bag with large star tip; fill bag with meringue. Pipe meringue into 12 round or heart-shaped shells on baking sheet.	6 (1.5) g fat
Strawberries, sliced	3 cups		2 (1) g saturated fat
		Bake meringue shells at 250°F until dry and firm to the touch, 30 to 35 minutes. Cool completely; remove from baking sheet.	0 (0) mg cholesterol
			180 (160) mg sodium

*regular (fat free) vanilla pudding

CHEF'S TIPS:

- *Meringue mixture may be dropped from spoon into mounds on baking sheet; form into bowl shapes using large spoon dipped into cold water.*
- *Egg whites may be substituted for meringue powder. Beat 4 large egg whites and 1/4 tsp. cream of tartar to soft peaks in large bowl. Gradually beat in 1 1/4 cups sugar, beating until stiff and glossy.*
- *Other fresh, frozen (thawed), or canned (drained) fruit may be substituted for strawberries.*
- *Chocolate or chocolate fudge pudding may be substituted for vanilla pudding.*

To serve, combine pudding and whipped topping in large bowl; mix well. Spoon generous 1/2 cup pudding mixture into meringue shell; top each with 1/4 cup strawberries. Repeat with remaining meringue shells, filling, and fruit.



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