

PRESIDENT HARRY S. TRUMAN

BESS TRUMAN'S OZARK PUDDING

6
SERVINGS

20 MINS
PREP TIME

35 MINS
COOK TIME

INGREDIENTS

- 2 eggs
- ¾ cup granulated sugar
- 4 tablespoons all-purpose flour
- 1¼ teaspoon baking powder
- ⅛ teaspoon salt
- ½ cup chopped nuts
- ½ cup raw apples, finely chopped
- 1 teaspoon vanilla extract
- Whipped cream or ice cream (optional)

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Beat eggs and sugar for a long time until very smooth.
3. Mix flour, baking powder, salt and stir into the sugar-egg mixture.
4. Fold in apples, nuts, and vanilla.
5. Bake in a buttered pie pan for 35 minutes. For a thicker pudding consistency, use a deep-set pan. While baking, keep a baking sheet underneath the dish to catch any mixture that might bubble over during baking.
6. Cool to room temperature and serve with whipped cream or ice cream.

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NUTRITION PER SERVING (6 SERVINGS)

Calories 215 • Total Fat 7g • Saturated Fat 1g • Sodium 75mg • Total Carbohydrates 33g • Dietary Fiber 2g • Added Sugars 24g • Protein 5g

* Analysis based on raw almonds.

DIETITIAN'S NOTE

Mix in Greek yogurt for added protein or top with more apples for added fiber.

Adapted from: Loveless Cafe