

## **CORN PUDDING**

### **INGREDIENTS:**

❖ Milk (low fat)	¼ Cup
❖ Flour	⅓ Cup
❖ Egg (small)	1 ea
❖ Corn (cream style)	1 CN
❖ Sugar	1 tsp
❖ Salt	1 tsp
❖ Pepper (black)	pinch
❖ Butter (melted)	1 TBSP

### **METHOD:**

1. Preheat oven to 300°
2. Mix flour and milk until smooth.
3. Add egg blend well.
4. Add remaining ingredients and mix thoroughly.
5. Spray casserole pan with cooking spray.
6. Pour mixture into casserole pan and bake 1 hour until firm.

### Optional:

- Mix ½ cup breadcrumbs, ½ cup cracker crumbs, and 2 TBSP cup melted butter for a topping.
- Sprinkle topping over top just prior to baking.

