

Crisp Apple Pudding

From an ancient Betty Crocker cookbook, I believe, but it's my mother's recipe.

From my mother, Fay Orr



A big family favorite.

- 1 cup flour
- 7/8 cup sugar
- 1 teaspoon baking powder
- 1 whole egg, beaten
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 tablespoons butter
- 1/4 cup water
- 2 tablespoons sugar
- 4 large apples, peeled and sliced

Serving Ideas: Can be served with whipped cream or light Cool-Whip. Or ice cream. Or even a little cream drizzled over the top.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 9

The preparation of this apple dish is a little different because of the water sprinkled over the top. It gives the pudding a wonderful crispy top. This travels well, although it's best eaten the day it's made. If I'm really watching the fat grams, I only use 1 tablespoon of butter, or less, sprinkled on top.

1. Preheat oven to 350.
2. Spread sliced apples into an 8x8 pan. Sift together the flour, sugar and baking powder. Add the egg and mix well. Spread this mixture over the top of the apples, spreading as evenly as possible. Sprinkle the top with the spices and the 2 T. of sugar, then with the butter, cut up into tiny pieces. Using your fingers or a small spoon, sprinkle water over the topping, sprinkling as evenly as possible.
3. Bake for 35-45 minutes, or until top is brown. Allow to cool about an hour, or until it's room temperature.

Per Serving (excluding unknown items): 206 Calories; 4g Fat (15.1% calories from fat); 2g Protein; 43g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 89mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.