



## LEMON MERINGUE CUPCAKES

### **Cupcakes**

2 cups all purpose flour  
1 cup. Sugar  
1 tsp Baking Powder  
1/2 tsp. Baking Soda  
1/2 cup Skim Milk  
1/4 cup Vegetable Oil  
1/4 cup unsweetened applesauce  
1 egg  
2 egg whites  
1 tsp Lemon Extract (or the zest and juice of 1 lemon)

### **Low Fat Lemon Curd Filling**

Juice of 2 large lemons  
1/2 cup powdered sugar  
2 eggs  
4 Tbsp Lemon Zest

### **Meringue**

3 large egg whites  
1/4 tsp cream of tartar  
6 Tbsp. Sugar  
1/2 t lemon or vanilla extract

Directions:

### **Cupcakes**

Preheat oven to 350 degrees and prepare 12 muffin tin with nonfat cooking spray. Combine flour, sugar, baking powder, baking soda and salt. Set aside. Combine milk, oil, applesauce, egg, 2 egg whites and lemon extract and mix well. Gradually add flour mixture and mix until blended, but do not over mix. Divide into muffin pans. Bake for 12 - 15 minutes or until center tests done.

### **Low Fat Lemon Curd Filling**

Combine lemon juice, powdered sugar, eggs and lemon zest, mix well and pipe into baked cupcakes.

### **Meringue**

Beat egg whites until very stiff, gradually add remaining ingredients. Spread over cupcakes and bake in 400 degree oven until meringue is slightly brown.

Yield: 12 cupcakes

Nutrition Information: 230 calories, 6 gm fat, 1 gm saturated fat, 0 gm trans fat, 130mg cholesterol, 40 gm carbohydrate, 1 gm fiber, 130 mg sodium

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