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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Mango-Lemon Pudding Cake

I guess I'm on a dessert kick here. This month's recipe is a bit simpler than the cinnamon rolls we did last month, and quite a bit healthier, too, but don't let that stop you. It's still plenty tasty, with lots of flavor from the fresh fruit, and a great gooey texture from the yogurt mix that will definitely appeal to your inner child!

1 mango
2/3 cup sugar
1/4 cup all-purpose flour
Dash of salt
2 Tablespoons lemon juice
1 Tablespoon butter, melted
3 eggs, whites & yolks separated
8 oz lemon yogurt
1/2 cup milk
Raspberries for garnish

1. Coat a 2-quart square baking dish with non-stick spray. Peel the mango, cut away the seeds, and chop into bite-sized pieces. Arrange the pieces in the dish.
2. In a large bowl, combine sugar, flour, and salt; stir in the lemon juice and melted butter. In a separate bowl, beat the egg yolks well with a mixer (saving the whites for step 3), then beat in the yogurt and milk. Add to the lemon mix and stir to combine.
3. In a medium bowl, beat the egg whites with an electric mixer at medium speed until soft peaks form (about 1 minute). Continue beating at high speed until stiff peaks form (several minutes). Fold gently into lemon mix. Carefully spoon batter over mango.
4. Place baking dish in a larger pan, and fill larger pan with hot water to a 1" depth. Bake at 350° for 40 minutes, or until set. Cool on wire rack about 30 minutes. Garnish with raspberries and serve warm.



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