

ORANGE DELICIOUS PUDDING

6 ProPoints VALUES PER SERVE | SERVES: 4 | PREP: 10 MINS | COOKING TIME: 25 MINS

Ingredients

40g Weight Watchers Canola Spread

1/3 cup (75g) caster sugar

2 tsp finely grated orange rind*

2 eggs, separated

1/3 cup (40g) self-raising flour

3/4 cup (180ml) skim milk

1/3 cup (80ml) orange juice*

2 tsp icing sugar, for dusting

**Note: You can use lime or lemon rind and juice instead of orange. The ProPoints values remain the same.*



Instructions

1. Preheat oven to 180°C or 160°C fan-forced. Lightly spray four 2/3-cup (160ml) capacity ovenproof dishes with oil.
2. Using electric beaters, beat the spread, caster sugar and rind until light and fluffy. Add the egg yolks, 1 at a time, beating well after each addition. Fold in the flour, milk and juice in 2 batches.
3. Using electric beaters, beat the egg whites in a clean, dry bowl until soft peaks form. Gently fold into the orange mixture. Divide mixture between the prepared dishes. Bake for 20–25 minutes or until puffed and golden. Serve warm dusted with icing sugar.

Tips

You'll savour every spoonful of this time-loved classic that is as light and fluffy as a cloud.

The Weight Watchers ProPoints® plan has been given a fresh, new, smart made simple approach with the introduction of an extensive list of new recipes and meal ideas tailored to individual food preferences - from Gluten to Lactose Free, Mediterranean to Vegetarian, Classic, and Filling & Healthy options - all designed to make Weight Watchers easier to fit into different lifestyle choices.