

Gingerbread Pudding

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23155&news_iv_ctrl=2901

Ingredients

- 1/4 cup yellow cornmeal (wholegrain)
- 2½ cups reduced-fat milk (2 percent), scalded (see Note)
- 1/4 cup molasses (can use part brown sugar for milder flavor)
- 1/4 tsp. salt
- 1 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 1 tsp. ground cinnamon
- 1½ cups fruit, fresh, frozen, or canned (peaches, pears, strawberries, raspberries, blueberries, cranberries, etc.), lightly sweetened to taste, as necessary

Note: Scalding milk helps blend cornmeal more easily and speeds the cooking process. Scald milk by heating it to the point just before it would begin to boil, or when tiny bubbles form along the sides. At that point, immediately remove from heat and promptly add to cornmeal.

Instructions

1. Preheat oven to 300 degrees F. Coat 6 ramekins or a baking pan or small casserole with cooking oil spray.
2. Put cornmeal in top of a double boiler and hot water in the bottom pot. Set over medium high heat and bring water to a simmer.
3. Meanwhile, heat milk until hot and tiny bubbles form along the sides. (Do not let it come to a boil.) Stir milk into cornmeal, blending well. Cook over hot water for 20 minutes, stirring occasionally. Add molasses, salt, ginger, nutmeg and cinnamon.
4. Pour into ramekins or other baking pan and bake 40 minutes or until firm.
5. Meanwhile, prepare fruit, depending on what version you use. Drain canned fruit. Defrost frozen berries, or wash and hull fresh berries, and lightly sweeten with sugar. Cranberries, frozen or fresh, can also be used after cooking in water and sugar, according to package instructions.

6. If using baking pan, divide pudding among 6 small, shallow bowls. Over the pudding, in ramekins or bowls, place two or more varieties of colorful fruit along the edge of the pudding.

Makes 6 servings

Nutrition information per serving

Calories: 126	Dietary Fiber: 1.5g
Total Fat: 2g	Sodium: 147mg
Saturated Fat: 1g	Protein: 4g
Carbohydrates: 23g	