

Lemon Pudding Wafers

Summary

Yield	Servings
Source	wailana
Prep time	1 hour
Cooking time	30 minutes
Total time	1 hour, 30 minutes

Description

This very light dessert can also be a satisfying low-fat snack. Cashew milk, which gives the pudding its rich, creamy texture, is also an excellent source of protein, potassium, and phosphorus.

Image not found

[Lemon Pudding Wafers - Wai Lana Recipe](#)  http://www.wailana.com/WaiLanaRecipeLibrary/recipe-library/lemon-pudding-wafers_library.jpg

Ingredients

--Filling:

3/4 c

Fresh cashew milk*

1/4 c

Fresh lemon juice

3/4 c

Raw sugar or granulated fructose

1 Tbsp

Eggless mayonnaise

1/2 tspn

Vanilla

1/8 tspn

Turmeric

3 Tbsp

Cornstarch mixed with 3 Tbsp. water

--Wafer:

1 c

Unbleached white flour

2 tspn

Egg replacer powder

1½ tspn
Baking powder
1⅙ tspn
Baking soda
1⅛ tspn
Salt
1¼ c
Safflower oil
3 1½ Tbsp
Water

Confectioners sugar for garnishing

Instructions

1. Prepare the cashew milk as directed. Place in a small saucepan along with the next 5 filling ingredients and bring to a boil on medium heat. Slowly add the cornstarch mixture, whisking until thickened. Cook until very thick, then pour into a lightly oiled 8-inch square pan, spreading to fill the dish evenly. Chill until completely firm, at least 2 hours.
2. Preheat the oven to 375°F. For the wafers, combine the first 5 dry ingredients in a bowl. Add the oil, mixing until evenly crumbly. Slowly add the water until the dough forms a soft ball. Turn onto a well-floured work surface, kneading and turning a few times. Roll the dough into a 10x14-inch rectangle about 1/16 to 1/8 inch thick, adding a little more flour if necessary.
3. Using a sharp knife, cut the pastry into 2x1½-inch rectangles. (To get straight edges and even sizes, it's helpful to use a ruler.) You will need 32 wafers. With a spatula, place the pastry pieces on an oiled cookie sheet.** Bake for 10 minutes, then flip over and bake a further 2 minutes, or until crispy and golden brown. Cool.
4. To assemble, cut the lemon pudding into sixteen 2-inch pieces. Place each section of pudding between 2 wafers. Serve sprinkled with confectioners sugar if desired.

Notes

*Cashew milk: Blend 1/4 cup raw cashew pieces with 1 cup hot water until smooth. Strain through a fine strainer.

**For best results, I recommend using a cookie sheet that has a layer of air sandwiched between two sheets of metal; this promotes even cooking and minimizes the risk of burning.

Nutritional Information Per Serving:

Calories: 123, Fat 4.7g (43 cal), Carbohydrate 19g (76 cal), Protein 1.1g (4 cal)

Added information: Saturated Fat 0.4g, Cholesterol 0mg, Sodium 49mg, Dietary Fiber 0.3g

Source URL: <http://www.wailana.com/lifestyle/recipe/lemon-pudding-wafers>