

Poached Cake or

8 servings  
(50 calories each  
serving)

Makes fruit cake or lemon loaf

3/4 cup flour

1/4 cup sugar

Stream  
lenses

1 1/2 tsp baking powder

2 eggs

1 tsp vanilla

1/4 cup margarine

Sprays a small loaf pan

Mix dry ingredients

Preheat oven 350° F

Beat in egg 1 at a time

Beat in dry ingredients

Mix only till blended

Pour into sprayed pan

Bake 20-30 mins

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