

## Tapioca Pudding

1 egg separated

$\frac{1}{8}$  tsp salt

2 C skim milk

4 T sugar

3 T. minute tapioca

$\frac{3}{4}$  tsp vanilla

Combine egg yolk, milk, tapioca, salt & 3 T. sugar. Let stand 5 min. Beat egg white till foamy gradually beat in remaining sugar. Beat till stiff. Cook tapioca 6-8 min. Gradually fold in egg whites. Add vanilla & cool.

"Eat your heart out"