

### **Diet Popovers**

Carole Laughary

1 cup flour  
3/4 tsp salt  
2 eggs  
1 cup skim milk

Mix flour and salt. Beat eggs and mix in milk. Add to flour and beat until smooth.

Grease 12 muffin tins 1/3 full.

Bake at 375° for 50 minutes. Cut slit in side and bake another 5 minutes.

45 calories each

### **Coffee Cake**

Frozen bread dough  
1 stick butter  
1/3 cup brown sugar  
cinnamon  
nuts  
butterscotch pudding

Thaw frozen dough – make balls and layer in angel food cake pan (greased). Sprinkle over top 1 package butterscotch pudding.

Drizzle over top: 1 stick butter  
1/3 cup brown sugar  
cinnamon and nuts

Cover and let rise overnight on counter.

Bake for 30 minutes at 350°. Turn over onto platter.