



Lemon Meringue Cupcakes

<p>Lemon Filling: 3 egg yolks (save whites for meringue topping) ¾ cup granulated sugar 3 Tbl flour Salt 3 Tbl lemon juice 2 Tbl lemon zest ½ cup water</p> <p>Directions:</p> <ol style="list-style-type: none">1. Whisk constantly until firm about 7 minutes.2. Set aside	<p>Cupcake ½ cup butter 1 cup sugar 2 eggs 3 Tbl lemon juice 2 tsp baking powder 1 tsp salt 1 ½ cups flour</p> <p>Directions</p> <ol style="list-style-type: none">1. Beat butter and sugar until light and fluffy.2. Add eggs, lemon juice, baking powder, salt and flour.3. Beat until combined.4. Pour into 12 muffin cups and bake at 375 degrees for 15-16 or until center are firm.5. Cool for 5-8 minutes.6. Remove centers and replace with lemon filling.
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Meringue Topping

3 egg whites
Pinch salt
¼ cup sugar

Directions

1. Beat until firm peaks.
2. Put on top of muffins.
3. Bake at 375 degrees for 5-6 minutes.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>