

Lemon Meringue

Lemon Cake filled with Lemon Curd, topped with fluffy meringue

To call these delicious would be like saying Darth Vader has minor issues with parenting. Ultra moist lemon cake is filled with a tart and sweet lemon curd, then topped with a fluffy meringue. What's even more awesome? These also have a pie crust on the bottom of the cupcake too. Woot!

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 02/02/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 2 eggs OR 2 egg whites, if eggs have points on your plan
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 2 tsp lemon extract (found online, or in the baking aisle of most grocery stores, by the vanilla extract)
- 1 tsp baking powder
- 1 tsp lemon zest, finely chopped

Low Point Lemon Curd Filling:

- 3 large eggs
- 1/4 tsp lemon extract
- 1/2 cup lemon juice
- 1/4 cup I Can't Believe It's Not Butter! Light
- 6 Tbsp 0 calorie sugar replacement (monkfruit, stevia, etc)
- 1 (1oz) box sugar free instant lemon pudding
- 3/4 cup cold water
- 1 tsp lemon zest, minced

Meringue Topping:

- 4 egg whites
- 1 tsp cream of tartar
- 3/4 cup 0 calorie confectioners sugar replacement

Pie Crust Bottom:

- 1-1/2 cup Fiber One cereal
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp fat free plain Greek yogurt
- 1/2 tsp ground cinnamon
- 1/2 cup 0 point brown sugar replacement of choice (granulated monkfruit, stevia, etc)
- additional water, if needed

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, not paper! Set aside.

*** PIE CRUST:

- 3 Place the cereal, syrup, yogurt, cinnamon and brown sugar replacement into a food processor. Pulse the power on/off a few times, until similar in texture to moist graham cracker crumbs.



- 4 Scoop 2 teaspoons of the crust mixture into the bottom of each foil liner (DON'T USE PAPER!) and use your fingers or a spoon to spread the crust to the edges. Done.

*** CAKE DIRECTIONS

- 5 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, lemon extract, baking powder and lemon zest. Mix together until well combined.
- 6 Pour cake batter into the liners, over the pie crusts. Bake at 325 for 20-25 minutes. Mine took 23. If you have extra batter, make extra cupcakes without the crust.
- 7 Remove from oven and allow to cool completely to room temperature.

*** LEMON CURD FILLING

- 8 Beat the eggs together in a bowl, set aside. In a separate microwave safe dish, microwave the butter spread until softened/melted, set aside.
- 9 In a small pot, heat the beaten eggs, lemon juice, extract, butter and sweetener. Stir frequently with a rubber spatula.
- 10 When thickened, remove from heat and pour through a wire strainer (to remove any clumps) into a glass bowl.
- 11 Allow the mixture to cool for a few minutes, then cover with plastic wrap directly onto the surface of the hot curd. Set in fridge to cool.
- 12 In a separate bowl, mix together the lemon pudding and lemon zest with the 3/4 cup COLD water to make pudding. Set aside in the fridge.

*** MERINGUE TOPPING

- 13 Place the egg whites and cream of tartar into a large mixing bowl (or a 32oz yogurt container works great). Beat with an electric hand mixer for 1 minute, then add the powdered sugar. Continue mixing for 2-3 more minutes until it becomes a big ol' fluffy bowl of stiff peaks, just like the meringue for the batter. Set aside.

*** ASSEMBLY

- 14 When your cupcakes have cooled completely, scoop down into the middle of each cupcake, to carve out a cavity about 1 inch in diameter, for the filling.

Filling Assembly:

- 15 Take your lemon curd out of the fridge and mix it with the lemon pudding, until well combined.
- 16 Scoop the lemon filling into a large ziplock bag. Squeeze all the pudding down to one corner, so that you can use it like a big piping bag. Use scissors to snip a hole out of the tip of the bag's corner.
- 17 Pipe filling down into each cupcake's cavity.

Meringue Topping Assembly:

- 18 In a similar fashion, spoon the sweetened meringue into a ziplock bag and make a piping bag out of it as well. Pipe the meringue onto the top of each cupcake, building into peaks. Use a kitchen torch to toast the meringues, or place the cupcakes on a large baking pan and bake at 400 degrees for 5-10 minutes, or until meringues are toasted. Keep an eye on them, as the meringues can burn quickly and you DON'T want a bonfire in your kitchen.
- 19 Done.

NOTES:

- For the pie crust, rather than using brown sugar replacement, you can use regular sweetener, but I'd recommend adding an additional 1/4 tsp molasses, along with it.

