

Ladyfingers

These light and delicate little cookies can be served plain, or used as part of a dessert, such as Tiramisu

Years ago, I promised a member at a local workshop in Santa Clarita, CA, that I would someday figure out how to make her a recipe for a low point, GLUTEN FREE Tiramisu. I never thought I'd be able to do it, primarily because of the ladyfingers. Well, I finally got around (after 5 years) to it. I decided to make my own sugar free ladyfingers! These are delicious, lightly sweet, airy, and great for snacking. If you need a Gluten Free version, simply use a Gluten Free All Purpose Baking Flour.

Servings Info.:

Yield: 45 ladyfingers

Servings: 45

Serving Size: 1 ladyfinger



R D

0-0

8 for 1 point with
KA '00' Pizza Flour
5 for 1 point with
All Purpose Flour

- last checked 12/28/23 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

PASTRY:

- 8 large egg yolks
- 8 large egg white
- 1/2 tsp cream of tartar (see notes)
- 3/4 cup 0 calorie confectioner's sugar replacement
- 1/2 tsp salt
- 2 tsp baking powder
- 1 cup King Arthur's '00' Pizza Flour ***



Yup, it takes 8 large eggs

This recipe (and it's points) were created using King Arthur's '00' Pizza flour, instead of regular All Purpose Flour. Why?

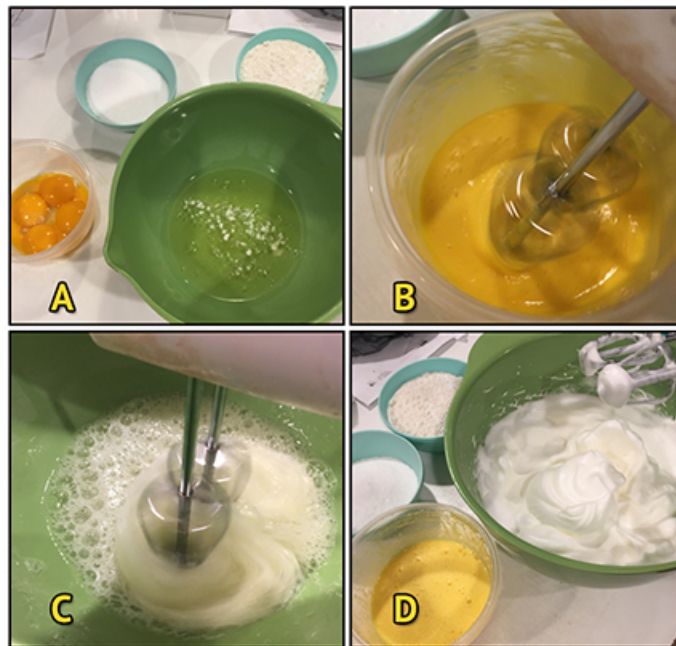


8 points per cup



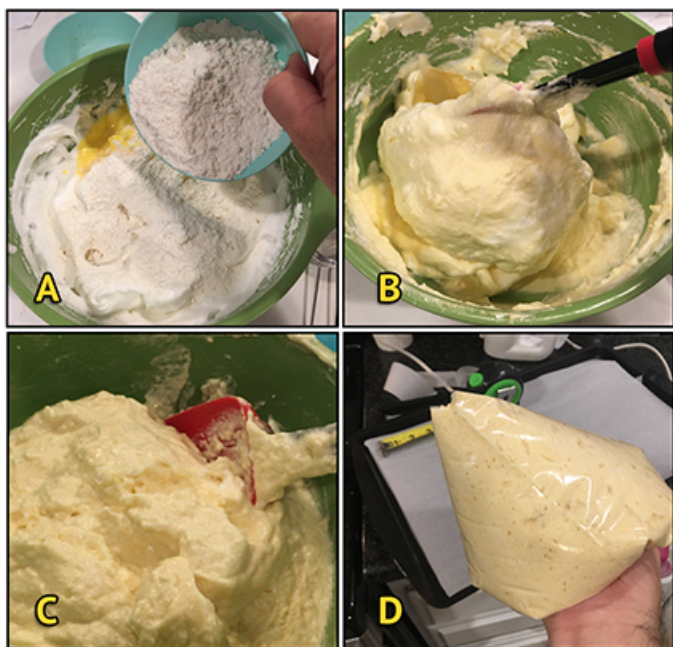
13 points per cup

Directions:



1. (A) Prep all of your ingredients, making sure to separate the egg yolks into 1 mixing bowl and the egg whites into a large mixing bowl (B) Use an electric mixer to beat the yolks till smooth, set aside. (C) WASH OFF THE MIXER PRONGS. You want NO YOLK on them! Add the cream of tartar into the egg whites and beat on high speed for 3-4 minutes, or until soft peaks form. Add the salt and half of the confectioner's sugar replacement. Beat till mixed. Add the rest of the 'sugar' and beat until tall, fluffy, stiff peaks form. (D) Ta Da!! Now, let's make batter!

2. Preheat oven to 350 degrees. Line (2) baking sheet pans with parchment paper (NOT FOIL), set aside.



3. **(A)** Add the beaten egg yolk mixture, baking powder and 1/4 of the flour to the egg whites. **(B)** GENTLY fold, till the flour is combined. Continue folding in the flour, 1/4 at a time, till it is all added. Remember... GENTLY! **(C)** When you're done, the batter will be airy, light and fluffy. **(D)** You can either scoop all of the batter into a legit piping bag with a large rounded tip, OR, go my route. Scoop all of the batter into a large 1 gallon sized ziplock bag, then snip a corner off of the bag, leaving an opening the size of a grown dude's index finger (or a lady's thumb, I guess).



4. **(A)** Pipe the batter onto your parchment paper lined pans, in 3 inch lengths. **(B)** When your oven IS REALLY at 350 degrees, place your pans into the oven and bake for 11-13 minutes. Remove from oven, set aside and let cool. Done.

NOTES:

- **SERVINGS:** The amount of ladyfingers you get will depend on 2 things. (1) How well you fold the flour into the egg white mixture and (2) your piping. If you 'mix' rather than gently 'fold' the flour into the fluffy whites, you'll destroy the batter's volume. Then, if you pipe LONG lengths of batter, you'll end up with less ladyfingers, obviously.
- **KA '00' FLOUR:** My points are factored using that specific flour, because it is only 8 points FOR 1 CUP, vs All Purpose flour, which is 13 points for 1 cup. Use what you want, but adjust the points.

