

# Hot Fudge Pudding

*This is from "Gold Medal Jubilee Select Recipes, 1880-1955."*

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## INGREDIENTS:

- ☐ 1 cup sifted flour
  - ☐ 2 teaspoons baking powder
  - ☐  $\frac{1}{4}$  teaspoon salt
  - ☐  $\frac{3}{4}$  cup sugar
  - ☐ 6 tablespoons cocoa
  - ☐  $\frac{1}{2}$  cup milk
  - ☐ 2 tablespoons shortening, melted
  - ☐ 1 cup chopped nuts
  - ☐ 1 cup brown sugar
  - ☐ 1  $\frac{3}{4}$  cups hot water
- Whipped cream (optional)

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**INSTRUCTIONS:** Heat oven to 350°.

Sift flour, baking powder, salt, sugar and 2 tablespoons of the cocoa into a mixing bowl. Stir in milk and melted shortening. Blend in nuts. Spread the batter in a 9 x 9 x 1  $\frac{3}{4}$ -inch pan. Sprinkle with a mixture of brown sugar and the remaining 4 tablespoons cocoa. Pour hot water over the entire batter. Bake for 45 minutes. Serve warm with or without whipped cream.

Serves 9

**PER SERVING:** 335 calories, 5 g protein, 56 g carbohydrate, 12 g fat (2 g saturated), 2 mg cholesterol, 192 mg sodium, 2 g fiber.