

## Baking Contest for the Lillian Merrill Perpetual Trophy

### Lemon Poppy Seed Cake

#### Ingredients

1 cup all-purpose flour	¼ cup margarine, melted
½ cup sugar	2 large egg whites, or ¼ cup substitute
1/3 cup poppy seeds	½ cup fat-free milk
1 ½ teaspoons baking powder	3 tablespoons fresh lemon juice
½ teaspoon baking soda	1 teaspoon finely grated lemon zest
1/8 teaspoon salt	1 teaspoon pure vanilla extract
2 tablespoons powdered sugar	

#### Directions

1. Preheat oven to 350 degrees F. Prepare a 9-inch-square baking pan with nonstick pan spray.
2. Combine the flour, sugar, poppy seeds, baking powder, baking soda, and salt in a large bowl.
3. Add the margarine, egg whites, milk, lemon juice, zest, and vanilla. Mix just until the dry ingredients are moistened. Pour into prepared pan. Bake 30 minutes, or until the cake springs back when the center is lightly pressed.
4. Cool on wire rack. Remove from pan. Sift powdered sugar over the cake.

**Prizes:** Rosettes and cash prizes will be awarded as follows:

**First – \$100      Second – \$75      Third – \$50**

*Contest and Prizes are contributed in memory of Lillian Merrill  
by Bethlehem Grange #121*