

VEGETARIAN

Lemon Saffron Floats

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	30 min	45 min	100	\$0.06	35 kcal



If you want to add more lacto ovo vegetarian recipes to your repertoire, Lemon Saffron Floats might be a recipe you should try. This recipe serves 100 and costs 6 cents per serving. One portion of this dish contains approximately 1g of protein, 2g of fat, and a total of 35 calories.

Ingredients

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| ☐ 8 ounces butter | ☐ 12 ounces all-purpose flour |
| ☐ 1 lemon, juiced | ☐ 1 lemon zest |
| ☐ 1 pinch Pinch saffron threads | ☐ 100 servings Salt and pepper |
| ☐ 2½ cups water | ☐ 10 whole eggs |

EQUIPMENT Baking sheet, Sauce pan, Oven, Mixing bowl, Pot

Method

- 1 Preheat the oven to 325 degrees F.
- 2 Bring the water, butter, lemon juice and saffron to a boil.
- 3 Add all flour all at once and stir until the batter pulls away from the side of the saucepan.
- 4 Transfer to a mixing bowl.
- 5 Mix for 5 minutes, or until cool.
- 6 Add the eggs, 1 at a time, making sure that each gets incorporated before you add the next.
- 7 Add the lemon zest and adjust the seasoning with salt and pepper. Fill a piping bag fitted with a dime-size or large tip. Pipe on a baking sheet and place in oven. Cook until fully risen, about 10 to 12 minutes.
- 8 Remove from the oven and serve alongside Chesapeake Bay Blue Crab Hot Pot.

Nutrition per serving

35	1 g	2 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.3 g · 8% of daily needs
Sugar			0 g · 0% of daily needs
Sodium			215 mg · 9% of daily needs
Cholesterol			21.2 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lemon-saffron-floats-148554