



Almond & Apple Soufflé Recipe

Ingredients:

3 medium apples, cored and peeled and cut into small chunks
3 tbs Splenda
1/4 cup water
3/4 tsp almond extract
5 large egg whites
1/2 cup slivered almonds; toast if you like but not required

Directions:

In a medium sauce pan preheated on stove over medium heat, combine the apples and the water and bring to a boil over med-high heat. Reduce temperature to low, cover pan, and simmer for 12 minutes until apples are tender; stir occasionally.

Stir in Splenda and almond extract, remove from heat and cool in fridge on top of a pot-holder for 10 minutes. Pre-heat oven to 425 degrees F. In a large bowl, beat the egg whites with a hand mixer on high until very stiff peaks form in the bowl.

With a rubber spatula, carefully fold into the now cooled apple mixture. Evenly spoon the mix into separate soufflé cups, or one large 1 1/2 qt. soufflé dish.

Bake for 15 minutes, or just until the top(s) are puffed and brown. Sprinkle with slivered almonds. Serve very warm.

Nutritional Information Per 1/4 Baked Mixture:

Calories: 150
Fat: 3 Grams
Saturated Fat: 0 Grams
Protein: 6 Grams
Carbs: 22 Grams
Fiber: 4 Grams
Cholesterol: 0 Milligrams