



Primal Souffles

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 4

Nutrition Information Per Serving

220.8 calories, 2.55 g carbohydrate, 0.8 g fiber, 1.75 g NET carbs, 9.52 g protein, 19.61 g fat

Ingredients

- 1/4 cup(s) Miracle Mix
- 1/4 tsp(s) mustard powder
- 1/4 tsp(s) freshly ground black pepper
- 6 Tbsp(s) organic heavy cream
- 2 ounce(s) organic cheddar cheese
- 3 large(s) pastured eggs, separated
- 1/4 tsp(s) cream of tartar
- 1 pinch sea salt

Preparation

1. Preheat oven to 350F. Grease four 4-to-6 ounce ramekins and place on a baking sheet
2. In a large bowl, whisk Miracle Mix, mustard powder and black pepper. Whisk in the cream or coconut milk. Whisk in the cheese and egg yolks to incorporate.
3. In a deep metal bowl, beat the egg whites with the salt and cream of tartar until stiff peaks form.
4. Fold egg whites into cheese mixture, gently. Spoon into ramekins and transfer to the oven.
5. Bake 22-25 minutes to golden brown.
6. Serve immediately.

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