



Chocolate Soufflés

Active Time: 15 minutes | **Total Time:** 35 minutes | **Serves:** 2

Nutrition Information Per Serving

428.8 calories, 26.28 g carbohydrate, 6.83 g fiber, 19.45 g NET carbs, 9.93 g protein, 38.91 g fat

Ingredients

- 6 Tbsp(s) Enjoy Life Dark Chocolate Morsels
- 1 Tbsp organic non-dutched cocoa powder
- 2 Tbsp(s) virgin coconut oil
- 1 Tbsp coconut milk
- 1/8 tsp(s) cream of tartar
- 1 pinch sea salt
- 1 tsp organic vanilla extract
- 2 large(s) pastured eggs, separated

Preparation

1. Preheat oven to 375 degrees F. Lightly grease an 8-ounce ramekin for each souffle serving and dust with cocoa powder. This will help the souffle climb the sides.
2. In a double boiler, or a bowl set over a saucepan of simmering water, add the chocolate chips and coconut oil. Stir until smooth.
3. Remove from heat and stir in coconut milk and vanilla. Whisk egg yolks into melted chocolate mixture one at a time.
4. In a medium mixing bowl, add the egg whites, cream of tartar and salt. Beat on medium speed with a hand mixer until stiff peaks form, about 3 minutes.
5. Gently fold the whipped whites into the melted chocolate mixture. Spoon into ramekins and transfer to preheated oven.
6. Bake 15-17 minutes until set. Serve immediately.

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