



Ricotta Soufflés with Raspberry Compote

Active Time: 30 minutes | **Total Time:** 45 minutes | **Serves:** 6

Nutrition Information Per Serving

231.2 calories, 25.77 g carbohydrate, 3.08 g fiber, 6.69 g NET carbs, 15.27 g protein, 14.97 g fat

Ingredients

- 1/4 tsp(s) SweetLeaf Stevia Extract
- 8 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 tsp organic lemon zest
- 6 large(s) pastured eggs
- 2 Tbsp(s) organic lemon juice
- 16 ounce(s) organic ricotta cheese (whole milk)
- 2 tsp(s) raw honey
- 2 cup(s) frozen organic raspberries, unsweetened

Preparation

1. First, make the compote. Add the raspberries to a small saucepan with honey and lemon juice and heat over medium-low heat.
2. Set a rack in the lower third of the oven and preheat to 375 degrees. Butter 6-6 ounce ramekins. In a medium bowl, whisk together the eggs, erythritol and lemon zest. Add the ricotta and whisk until smooth.
3. Pour the mixture into the ramekins and bake for 15 minutes.
4. Top with compote and bake until just set, about 15 minutes more. Can be served warm or chilled.

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