

Keto Cheese Souffle Recipe

Ingredients:

1 tbsp + 4 tbsp butter	salt + pepper
1 tbsp coconut flour	1 drop tobasco
3 tbsp heavy cream	1 sprinkle nutmeg
2 eggs	1 oz. cheddar cheese

Instructions:

1. Preheat oven to 375 degrees.
2. Use 1 tbsp of butter to coat souffle mold and aluminum collar.
3. Heat butter in sauce pan on medium heat.
4. Add coconut flour and blend with spatula to form a roux. Cook until foamy and frothy, then remove from heat.
5. Once the roux stops foaming, add the heavy cream. Beat with a wisk until the sauce thickens, approximately 1 minute.
6. Separate egg yolks from egg whites. Place egg whites in a large mixing bowl and set to the side.
7. Add egg yolks to white sauce and beat with wisk. Stir in salt, pepper, tobasco and nutmeg. Set to the side.
8. Beat egg whites with a blender. When it starts to foam, add a pinch of salt. Continue beating egg whites until you get a fluffy, slightly stiff consistency. (They should have a sheen to them).
9. Stir a heaping spoon full of the egg whites to the white sauce.
10. Take the white sauce and pour it into the side of the bowl of egg whites. Fold the white sauce into the egg whites, adding the cheddar cheese as you go.
11. Pour souffle mixture into the mold.
12. Place collar around the mold.
13. Bake for 45 minutes.



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