

Muesli Soufflette

This is a complete, satisfying, different breakfast that is not too heavy. It is also a good recipe for those recovering from surgery or illness. The recipe for Toasted Muesli is on page 67.

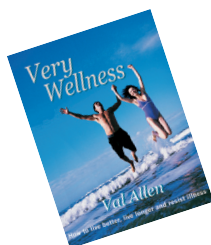
2 eggs
2 egg whites
2 tsp honey
4 tsp ground almonds
½ cup soy, rice or oat milk
1 cup toasted muesli

Preheat oven to 170°C (325°F). Separate eggs. Whip 4 egg whites until soft peaks form. Gently fold in combined egg yolks, honey, ground almonds and soy milk. Divide mixture between 4 greased, oven-proof ramekin dishes and top each with ¼ cup toasted muesli. Place ramekins into a deep baking tray and carefully pour in enough boiling water to come half-way up sides of ramekins. Bake for 15–20 minutes.

Options

- Serve with ½ cup fruit per ramekin.
- Drizzle 1 tsp of honey or apple juice concentrate over the top.
- Place ½ cup fresh, tinned or stewed fruit at the bottom of each ramekin before layering on eggs and muesli.
- Use chopped nuts and seeds in place of muesli.

Serves 4



This recipe is from *Very Wellness* by ANTA life member Val Allen. For more information visit pnmc.com.au/verywellness.html