



EASY LOW-CARB CORN SOUFFLÉ

Low Carb / Gluten & Grain-Free / Low Sugar / Clean Eating

Recipe by Debbie (@debsnourishedkitchen) and

Featured on MariGoldFoods.com

INGREDIENTS:

- 1/2 cup almond flour
- 2 tbsp oat fiber
- 1 tbsp MariGold Unflavored Collagen Peptides
- 1 tbsp low-carb sweetener (try MariGold Allulose!)
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1/4 cup fresh corn kernels (see tips about finding non-GMO corn)
- 2 large eggs, separated
- 1/4 cup unsweetened almond milk
- 2 tbsp melted butter (plus extra for greasing)
- Optional: 1/4 cup shredded cheddar cheese

DIRECTIONS

1. Preheat oven to 350°F. Grease a small soufflé dish with butter.
2. In a bowl, mix almond flour, oat fiber, collagen, sweetener, baking powder, and salt.
3. In another bowl, whisk egg yolks, almond milk, and melted butter. Stir into dry ingredients.
4. Fold in the corn and optional cheddar.
5. In a clean bowl, whip egg whites to stiff peaks (this is the magic for fluffiness).
6. Gently fold whipped egg whites into the batter (don't deflate the fluff!).
7. Pour into your dish and bake 25–30 min until golden brown and a toothpick comes out clean



Featuring MariGold
Grass-fed Unflavored Collagen Peptides
(MariGoldFoods.com)

