



RICH CHOCOLATE MALT PROTEIN SOUFFLÉ

Keto-Friendly / Low-Carb / Low-Sugar / Protein-Rich

Recipe by Fojan (@onedashofhappiness) and featured on MariGoldFoods.com

"These babies may sound and look fancy, but they're so easy and quick to make! They're perfect for a date night in or to treat yourself to some deliciously chocolately dessert!"

- Fojan

INGREDIENTS:

- 3 tablespoons unsalted butter, divided
- 2 tablespoons MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 3 ounces low sugar milk chocolate bar, chopped (I used @lilys_sweets)
- 1/2 teaspoon vanilla extract
- 3 large egg yolks
- 2 large egg whites
- 2 tbs granulated sweetener (I used @swervesweetie)
- Pinch salt
- Pinch cream of tartar* (optional; helps stiffen your egg whites better)



DIRECTIONS:

1. Use 1 tbs of butter to butter 2 ramekins.
2. Use the other 2 tbs butter to melt with a 3 oz chocolate bar. Microwave chocolate with the butter for 30 secs. Remove, stir and microwave again until melted.
3. Add 2 tbs warm water to 2 tbs MariGold Rich Chocolate Whey Isolate Protein Powder and stir. Add to melted chocolate and fold it in.
4. Stir vanilla extract and egg yolks into the chocolate mixture.
5. In a medium bowl, add egg whites, sweetener, a pinch of salt, and tartar (if using). Beat with an electric mixer until stiff peaks form.
6. Add egg whites to the chocolate mixture. Gently fold (do not mix!) until it's all folded together.
7. Divide the mixture into two ramekins. Bake at 375°F for 20 minutes. Remove and dust with confectioner sweetener and

Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldFoods.com)

