Snack

Baked Chocolate Orange Souffles

Whipped egg whites sweetened with fresh orange syrup fold together with cocoa, then bake in teacups until tall and puffed. A spoonful of crème fraîche finishes each one.

10 min	101	15.3 g	14.7 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 6 servings

- [ ] A little vegetable oil, for greasing
- [ ] Grated rind and juice of 2 large oranges
- [ ] 75 g caster sugar
- [ ] 4 large egg whites, beaten until stiff
- [ ] 25 g cocoa powder
- [ ] 2 tablespoons orange juice
- [ ] Few drops of orange extract (available from all good supermarkets)
- [ ] 4 tbsp half-fat crème fraîche

Method

- [ ] 1 Preheat the oven to 200°C, fan 180°C, gas 6.
- [ ] 2 Use a little vegetable oil to lightly grease 6 ovenproof teacups.
- [ ] 3 Put the grated rind and juice of 2 large oranges in a small pan with the 75g caster sugar and heat for 3-4 minutes until syrupy.
- [ ] 4 Pour the syrup over the stiffly beaten egg whites and beat for 2 minutes.
- [ ] 5 Blend the 25g cocoa powder with 2 tablespoons orange juice and a few drops of orange extract, then gently fold into the egg white mixture.
- [ ] 6 Divide the mixture between the teacups and bake for 5-6 minutes or until risen.
- [ ] 7 Serve each souffle topped with the half-fat crème fraîche.

Nutrition Facts

Per serving

Calories	**101**
Total fat	2.6 g
Saturated fat	1.6 g
Sodium	Not listed
Total carbs	15.3 g
Fiber	0.7 g
Total sugars	14.7 g
Protein	3.7 g

diabic.com/recipes

Scan to open this recipe and its shopping list