Chocolate Raspberry Soufflé

*in a new light*

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 25 minutes
Difficulty: Easy

**Ingredients:**
- 2 tablespoons + 3/4 cup sugar, divided
- 6 teaspoons seedless raspberry fruit spread
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon instant espresso coffee powder
- 1/4 teaspoon salt
- 1 cup fat-free milk
- 2 ounces bittersweet or semisweet chocolate, chopped
- 1 egg yolk
- 1 teaspoon vanilla extract
- 4 egg whites, at room temperature
- 1/2 teaspoon cream of tartar
- Confectioners’ sugar for dusting

**Directions:**

Preheat oven to 400°F. Spray 6 (4-ounce) ramekins or custard cups with nonstick spray.

Sprinkle 2 tablespoons of granulated sugar into a ramekin, turning to coat the bottom and side evenly. Pour the excess sugar into a second ramekin to coat. Repeat with the remaining ramekins. Spoon 1 teaspoon of the fruit spread in the bottom of each ramekin.

Whisk together 1/2 cup of the granulated sugar, cocoa powder, cornstarch, espresso powder, and salt in a medium saucepan. Whisk in milk and set over medium heat. Cook, stirring constantly, until mixture thickens and begins to boil, about 3 minutes.

Put the chopped chocolate in a medium bowl. Pour the hot milk mixture over the chocolate, stirring until chocolate is melted and smooth. Stir in egg yolk and vanilla. Let cool 15 minutes.

With an electric mixer on medium speed, beat egg whites and cream of tartar in a large bowl until soft peaks form. Add remaining 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff, glossy peaks form. With a rubber spatula, stir about 1/4 of the beaten egg whites into the chocolate mixture to lighten it. Gently fold in remaining egg whites just until no streaks of white remain.

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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.