

VEGAN "EGG" SOUFFLÉS^o



SERVES: 4 (4 soufflés each) Prep Time: 15 min. Cooking Time: 26 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ ½ ½

What we love about soufflé cups is that you can use them as a protein-rich vehicle for just about any ingredient. We're staying vegan with this recipe, so we're going to eschew the meats and cheeses for a vegetable medley, but grains like quinoa or brown rice can work in this too. Just remember to use your containers and the sky's the limit.

2 Tbsp.	olive oil
2 cups	mixed chopped vegetables (like bell peppers, broccoli, and onion)
1¼ tsp.	sea salt (or Himalayan salt), divided use
¼ tsp.	ground black pepper
14 oz.	silken tofu, drained
3 Tbsp.	nutritional yeast
¼ tsp.	ground turmeric
¼ tsp.	onion powder
¼ tsp.	garlic powder
¼ cup + 2 Tbsp.	all-purpose flour, gluten-free
¼ cup	water
¼ cup	finely chopped chives

1. Preheat oven to 400° F.
2. Lightly coat two twelve-cup muffin tins with spray. Set aside.
3. Heat oil in medium skillet over medium-high heat, until fragrant.
4. Add vegetables, ¼ tsp. salt, and pepper; cook, stirring frequently, for 3 to 5 minutes, or until vegetables just begin to soften.
5. Place tofu, yeast, turmeric, onion powder, garlic powder, *remaining 1 tsp.* salt, flour, and water in blender (or food processor); cover. Blend until smooth batter forms. (You may need to add a little more or less water to get a consistency like pancake batter.)
6. Combine tofu mixture, vegetable mixture, and chives; mix well.
7. Add a scant ¼ cup of batter to each of 16 cups in prepared muffin tins.
8. Bake for 15 to 20 minutes, or until tops of soufflés have begun to brown and a toothpick inserted into the center comes out clean.

SPECIAL EQUIPMENT:

Nonstick cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 192 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 760 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 2 g Protein: 11 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.