

French Toast Souffle

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1/3	cup	maple syrup
2	large	eggs
1/2	teaspoon	vanilla extract
2	tablespoons	all-purpose flour
1/8	teaspoon	kosher salt
		powdered sugar

Preheat oven to 400 with rack in lowest third. Place 4 5oz ramekins on baking sheet and spray with oil.

Beat syrup, egg yolks, and vanilla in a medium bowl with an electric mixer on med-high until combined, about 1 minute. Add flour and mix.

Beat egg whites and salt until stiff peaks form. Gently fold 1/4 into syrup mixture. Fold this back into meringue. Pour into ramekins.

Place in oven, reduce temperature to 375 and bake until puffed and golden, 12-13 minutes. Sprinkle with powdered sugar and serve immediately.