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# Ginger Bread Souffle`s

*The Essential Southern Living Cookbook*

Servings: 10

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 30 minutes

**1 cup milk**

**1/2 cup granulated sugar**

**1/4 cup all-purpose flour**

**1/4 teaspoon table salt**

**1/3 cup molasses**

**2 tablespoons butter, softened**

**2 teaspoons pumpkin pie spice**

**1 teaspoon ground ginger**

**2 teaspoons vanilla extract**

**6 large eggs, separated**

**1/2 teaspoon cream of tartar**

**granulated sugar (for the ramekins)**

**sweetened whipped cream (for garnish)**

**crushed gingersnaps (for garnish)**

Preheat the oven to 350 degrees.

In a medium saucepan, whisk together the milk, sugar, flour and salt until smooth. Bring to a boil over medium heat, whisking constantly. Transfer the mixture to a large bowl. Whisk in the molasses, butter, pumpkin pie spice, ginger and vanilla extract. Cook for 15 minutes. Whisk in the egg yolks.

Grease ten (seven-ounce) ramekins. Sprinkle with sugar to coat and shake out the excess.

With an electric mixer on high speed, beat the egg whites and cream of tartar until stiff peaks form. Fold one-third of the egg white mixture into the milk mixture until well blended. Repeat twice with the remaining egg white mixture. Spoon the batter into the prepared ramekins, leaving 3/4-inch of space at the top of each.

Bake in the preheated oven until puffy and set, about 25 minutes.

Serve immediately.

(NOTE: Or bake the souffle's in a 2-1/2-quart souffle' dish. Bake at 350 degrees until puffy and set, 55 to 60 minutes.)

## **Breakfast**

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*Per Serving (excluding unknown items): 163 Calories; 6g Fat (34.1% calories from fat); 5g Protein; 22g Carbohydrate; trace Dietary Fiber; 137mg Cholesterol; 140mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.*