

From the Kitchen of the Adobe Rose Inn

Apple Raisin Breakfast Soufflés with Caramel Sauce for 6

Ingredients

9 slices of whole wheat raisin cinnamon bread torn into small pieces
Two Granny Smith apples cored, peeled and coarsely chopped
1/3 cup walnuts (optional)
6 large eggs
1 ½ cups of milk

Toss the bread pieces, apples and nuts in a large bowl. Beat the eggs lightly. Combine with the milk. Pour the egg and milk mixture into the large bowl and gently mix the mixture into the bread, apple and nuts. Make sure that each piece of bread is coated with the egg and milk mixture. Cover the bowl and refrigerate overnight.

In the morning, preheat oven to 350 degrees. Prepare 6 ramekins with a non-stick spray. Divide the mixture evenly among the ramekins. Place the ramekins on a baking sheet and bake for 40 minutes or until puffed and golden.

Sauce

2 Tbs. butter, melted
½ cup dark brown sugar, packed
¼ cup Karo syrup
¼ cup heavy cream
1 teas. vanilla

Combine the first 4 ingredients in a sauce pan. Over a medium heat, cook and stir until the mixture is smooth and thick. Add vanilla. Stir.

To serve, invert one ramekin on a plate. Lift the ramekin off the soufflé and spoon caramel sauce of it. Serve with fresh apple slices and your choice of breakfast meats.