

Sweet Apricot Soufflé

This is a simple, low-calorie pudding. The scent of apricot will pervade the kitchen.

You'll need:

- 4 egg whites, beaten
- 1 cup dried apricots, soaked and mashed
- 1 drop (no more) of almond flavouring (optional)

Method:

Preheat oven to 250° C

Blend the apricots and egg whites gently.

Place in a straight-sided baking dish and bake for 15 minutes.

Serve hot.