

# THE GOODLIFE SOCIETY RECIPE COLLECTION

## Apple Soufflé – Serves 6

Base:

1 pound butter - softened  
2 cups sugar  
2 quarts homemade apple sauce  
1 cup sparkling cider  
1 quart 1/2 & 1/2  
1 1/2 cup flour  
2 Tbls cornstarch  
1 tsp sea salt  
2 tsp ground cinnamon  
12 egg yolks (save whites)

Cream together butter and sugar. Add yolks - alternate wet and dry ingredients  
This is the base

For Soufflé:

Whip 1 cup egg whites with 2 Tbls sugar until soft peaks form

Fold together 3 cups soufflé base with egg whites. Do not over fold

Place mixture into 6, 12 ounce buttered, sugared ramekins.

Bake at 350 degrees in a water bath for 25 minutes

Serve with a caramel sauce