(2 versions - DreamTM Oat + Calcium & Vitamins and DreamTM Oat Organic Gluten-Free)

Soufflé breakfast omelette with blueberries

For 4 people

Preparation: 15 min

Cooking: 15 min

Easy

Blueberry compote:

150 g blueberries

2 Tbs rice syrup or maple syrup

Soufflé omelet:

3 eggs + 1 egg white

25 g cane sugar

zest of 1 lemon

1 dl DreamTM Oat + Calcium & Vitamins

1 tsp baking powder

1 pinch of vanilla

1 pinch of salt

2 Tbs vegetable margarine

1 Tbs icing sugar

Garnish:

Mint leaves

Quarters of lemon

1. Blueberry compote: warm the blueberries with the rice or maple syrup for 2 minutes. Keep warm.
2. Soufflé omelette: separate the egg yolks from the whites. Put the egg yolks in a bowl. Reserve the egg whites and the additional egg white in another container. Beat the egg yolks with the cane sugar and lemon zest until creamy. This will take about 2 to 3 minutes. Add the vegetable drink, baking powder, vanilla and salt. Beat for about 1 to 2 minutes. Set aside. Beat the egg whites until stiff peaks form. Fold the whites carefully into the egg mixture.
3. Preheat the oven to 200 °C. Heat the frying pan in the oven. Let the margarine melt. Pour the egg mixture in the pan. Sprinkle the top with icing sugar. Cook the omelette in the center of the oven for 15 minutes. Divide the blueberry compote over the omelette and garnish with mint and lemon wedges.

When savouring the omelette, pour a few drops of lemon on it.

Variation:

Optionally add 65 g of gluten-free oatmeal.

Replace the DreamTM Oat + Calcium & Vitamins by DreamTM Almond + Calcium & Vitamins, DreamTM Almond-Hazelnut-Rice + Calcium & vitamins or DreamTM Rice Calcium.

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