

BROCCOLI SOUFFLE PAREVE

INGREDIENTS

- Corn Flake Crumbs **OR** Whole Wheat breadcrumbs
- 2 pkgs** Broccoli (10 oz each) (Chopped)
- 1/2 C** Smart Beat non-fat mayonaise
- 1/2 C** Almond Milk or Mimic Crème Cream
- 3/4 C** Egg substitute
- 1 T** Grated Onion or chopped dried onions
- 1 1/2 T** Smart Beat margarine for baking
- 1 1/2 T** Whole Wheat flour
- Non-stick cooking spray



COOKING DIRECTIONS

- 1 Preheat oven to 350F
- 2 Spray the bottom & sides of a 8 X 8 glass dish **OR** a round pie pan **OR** aluminum square or round tin
- 3 Sprinkle the crumbs to coat the bottom of the pan
- 4 Cook broccoli as directed on the package
- 5 Mix broccoli with all the remaining ingredients
- 6 Pour mix over crumbs
- 7 Bake for 35 minutes
- 8 Cool completely
- 9 Cover with foil or plastic wrap & store in the refrigerator
- 10 Cut into squares while still in the same dish & then re-heat