

Low-Glycemic Dark Chocolate Soufflés with Fresh Raspberries

Airy chocolate soufflés made with unsweetened cocoa and minimal sweeteners create an elegant dessert that won't spike blood sugar levels dramatically.

Prep: 20 min

Cook: 20 min

Total: 40 min

Servings: 6

GL 16.1 / GI 55

Ingredients

Low GI, rich in flavonoids that support insulin sensitivity unsweetened cocoa powder

For dissolving cocoa hot water

Minimal amount for richness unsalted butter

Heart-healthy fat that doesn't affect blood sugar canola oil

Small amount for structure; consider almond flour for lower GI all-purpose flour

Adds healthy fats and fiber to slow glucose absorption ground hazelnuts or almonds

May help improve insulin sensitivity ground cinnamon

Medium GI; minimal amount used firmly packed dark brown sugar

Medium GI; provides moisture and sweetness honey

Enhances chocolate flavor salt

Lower fat milk has slightly higher GI than whole milk 1 percent low-fat milk

Pure protein with zero glycemic impact egg whites

High GI but minimal amount for meringue structure granulated sugar

For dusting only; negligible amount powdered sugar

Low GI fruit high in fiber and antioxidants fresh raspberries

Instructions

Step 1

Preheat your oven to 375°F (190°C). Prepare six individual 1-cup soufflé dishes or ramekins by lightly coating them with cooking spray, or use one 6-cup soufflé dish. Set aside on a baking sheet for easy handling.

Step 2

Combine the unsweetened cocoa powder with hot water in a small bowl, whisking until completely smooth with no lumps remaining. The mixture should be thick and glossy. Set this cocoa paste aside to cool slightly.

Step 3

Melt the butter in a small heavy-bottomed saucepan over medium heat. Stir in the canola oil until well combined. Add the almond flour, ground hazelnuts or almonds, and cinnamon, whisking constantly for about 1 minute until the mixture becomes fragrant and slightly golden.

Step 4

Add the 3 tablespoons erythritol, 1 tablespoon honey, and salt to the flour mixture, stirring to incorporate. Gradually pour in the unsweetened almond milk or low-fat milk while whisking continuously to prevent lumps. Continue cooking and stirring for approximately 3 minutes until the mixture thickens to a custard-like consistency. Remove from heat and whisk this mixture into the reserved cocoa paste until smooth. Allow to cool for 5-10 minutes.

Step 5

In a large, completely clean and dry mixing bowl, beat the 6 egg whites with an electric mixer on high speed until they become foamy and opaque. Gradually add the 2 tablespoons erythritol one tablespoon at a time, continuing to beat until stiff, glossy peaks form when you lift the beaters. This should take 3-4 minutes total.

Step 6

Gently fold one-third of the beaten egg whites into the chocolate mixture using a rubber spatula, cutting down through the center and folding over to lighten the base. Once incorporated, add the remaining egg whites and fold carefully just until no white streaks remain, being careful not to deflate the mixture.

Step 7

Carefully divide the soufflé mixture among the prepared dishes, filling each about three-quarters full. Bake for 15-20 minutes for individual soufflés or 40-45 minutes for one large soufflé, until risen above the rim and the center is just set but still slightly jiggly.

Step 8

Remove from oven and let cool on a wire rack for 10-15 minutes to set slightly. Just before serving, dust the tops lightly with powdered erythritol using a fine-mesh sieve, garnish with fresh raspberries (about 2-3 berries per soufflé), and serve immediately while still warm for the best texture and presentation.