

Millet Souffle

(Wheat Free)

- Mix 1 Cup Millet Grits With 3 Cups Hot Water And 1 Tsp Salt.
- Cook Over Medium Heat, Stirring Constantly Until Thick.
- Beat 4 Eggs, ½ Cup Shipping Cream And 1 Cup Water Until Fluffy.
- To This Mixture Add The Hot Grits, A Small Amount At A Time.
- Stir Well And Pour Into Oiled Casserole.
- Dot With Butter Or Soy Butter And Bake At 300 Degrees F Until Set And Slightly Browned.