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BANANA SOUFFLE WITH MANGO SAUCE FROM LHJ ONLINE <http://www.lhj.com>

Just whirl the bananas in the blender, fold into beaten egg whites and bake. Voila! A great dessert.

Prep time: 40 minutes  
Baking time: 14 to 15 minutes  
Degree of difficulty: easy  
Low-fat  
Low-calorie

MANGO SAUCE

- 1/4 cup water
- 2 tablespoons sugar
- 2 strips (2x1/2 inch) lemon peel
- 1 large, very ripe mango, chopped
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

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- Vegetable cooking spray
- 3 large, very ripe bananas, cut up
- 1 tablespoon all-purpose flour
- 2 teaspoons fresh lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon dark rum
- 3 large eggs, separated
- 3 tablespoons sugar, divided

1. Make Mango Sauce: Heat water, sugar and lemon peel to boiling in saucepan; reduce heat and simmer 2 minutes. Remove peel. In blender, puree mango, lemon juice, vanilla, salt and syrup.
2. Heat oven to 450 degrees. Lightly coat eight 6-ounce custard cups with cooking spray. Sprinkle each with 1/2 teaspoon sugar. Place on jelly-roll pan.
3. Puree bananas, flour, lemon juice, vanilla, rum, egg yolks and 1 tablespoon sugar in blender.
4. In mixer bowl, beat egg whites until frothy. Gradually beat in remaining 2 tablespoons sugar until stiff. Fold in bananas.

5. Spoon into dishes. Bake 7 minutes; reduce heat to 425 degrees and bake 7 to 8 minutes more, until browned. Serve with sauce. Makes 8 servings.

PER SERVING

Calories 135  
Total Fat 2 g  
Saturated Fat 1 g  
Cholesterol 80 mg  
Sodium 59 mg  
Carbohydrates 26 g  
Protein 3 g

DAILY GOAL

Calories 2,000 (F), 2,500 (M)  
Total Fat 60 g or less (F), 70 g or less (M)  
Saturated Fat 20 g or less (F), 23 g or less (M)  
Cholesterol 300 mg or less  
Sodium 2,400 mg or less  
Carbohydrates 250 g or more  
Protein 55 g to 90 g

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