

Raspberry Noodle Kugel

Ingredients

4 ounces medium soy noodles, uncooked
1/2 (one-half) cup egg substitute or soy egg substitute
2 tablespoons vegan sugar
1/4 (one-quarter) teaspoon ground cinnamon
1/8 teaspoon nutmeg
1/2 (one-half) cup low-fat cottage cheese or soft tofu
1/3 cup applesauce
1/4 (one-quarter) cup chopped dried apples
Vegetable oil cooking spray
18 teaspoons low-sugar or vegan raspberry jam

Method

Preheat oven to 350 degrees. Prepare noodles according to package directions. While noodles are cooking, beat egg substitute, sugar, cinnamon and nutmeg in a large bowl until sugar. Fold in cottage cheese, applesauce and chopped dried apple. Lightly spray a muffin tin with cooking spray. Do not use baking cups. Drain noodles in a colander and immediately add them to egg mixture. Fill each muffin tin one-half full. Add two teaspoons raspberry jam to each cup, then fill the muffin cups to full. Bake until firm and the tops are golden brown, about 45 minutes. Serve warm to nine.