

CARROT SOUFFLE



Yield: 8 servings | Total Cook Time: 60 minutes



Ingredients

- 1 lb carrots, peeled and cut into chunks
- 2 eggs
- 3/4 cup sugar
- 3 Tbsp butter
- 1 Tbsp vanilla extract
- 2 Tbsp all-purpose flour
- 1/2 Tbsp baking powder
- Zest of 1 lemon
- 1/4 Tsp cinnamon
- 1/4 Tsp nutmeg

#ProTip: To keep carrots fresh for longer, wrap them in a paper towel in a bag in the refrigerator, or use a perforated plastic bag. Excess moisture will cause them to rot.

Instructions

- Heat oven to 350°
- Place carrots in a pot and cover with water. Bring to a boil over high heat and cook until carrots are tender, about 5-7 minutes. Drain.
- Put cooked carrots, eggs, sugar and butter into a food processor. Blend until smooth. Transfer mixture to bowl.
- Add remaining ingredients to the pureed carrot mixture: vanilla, flour, baking powder, lemon zest, cinnamon, and nutmeg. Mix until just combined.
- Grease a casserole dish and pour mixture in. Bake until mixture is set (30-40 minutes)

