

Carrot Soufflé  
Recipe from Julianne Donatelli

1 pound of carrots, peeled and diced  
1 stick of butter, softened  
3 eggs  
1 tablespoon flour  
1 cup sugar\*  
1 teaspoon baking powder  
1 teaspoon vanilla extract

- Peel and dice the carrots; cook until tender and drain
- Cream together carrots and butter in food processor
- Place carrot mixture in a bowl with remaining ingredients and blend until well combined with a hand mixer.
- Pour into a buttered baking dish, bake at 350° or until a toothpick inserted in middle comes out clean.

\*I reduced the sugar to  $\frac{1}{4}$  cup and the soufflé was sweet enough. The next time I may either reduce the sugar to either  $\frac{1}{8}$  cup or not add any. Baking concentrates the sugars in the carrots.