

# Sweet Carrot Soufflé

## Ingredients:

- 3 1/4 lbs (52 oz) fresh or frozen carrots
- 1 3/4 c sugar
- 1 Tbsp baking powder
- 1 tbsp vanilla
- 6 tbsp flour
- 1 1/2 c whole eggs (about 7 large eggs)
- 1/2 c butter, melted
- 1 tsp powdered sugar

## Directions:

1. Steam carrots for 45 minutes or until extra soft. Drain well, then add sugar, baking powder, and vanilla while the carrots are still warm. Mix until completely smooth.
2. Preheat oven to 350°F
3. In a separate bowl, mix flour, eggs, butter, and powdered sugar. Add this mixture into the carrot mixture (while carrots are still warm) and blend well.
4. Pour into a baking disk and bake for 45 minutes. Top with marshmallows and return to the oven until golden brown

---

Revision #1

Created 22 December 2023 03:19:28 by themanicotti

Updated 11 January 2024 01:00:30 by themanicotti