

# Carrot Soufflé

**Prep Time:** 30 minutes

**Cooking Time:** 45 minutes

**Yields:** 6 -8 servings

**Prep Notes:** I used the Earth Balance and gluten-free flour and it was delicious. It did not lose its flavor. You may double the recipe, but you will need to increase the cooking time.

**Category:** Side Dishes

**Source:** Deanna Snyder, RN

## The Ingredients

- 1 pound carrots, sliced
- ½ cup of butter or Earth Balance, melted
- ¼ cup organic turbinado sugar
- 3 tablespoons flour or gluten-free flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 3 eggs



## Directions

- Cook carrots until tender, drain
- Mix sugar, flour, baking soda, vanilla and eggs in a food processor.
- Add butter and carrots, mix well.
- Pour into a greased (organic coconut oil) 1-quart casserole
- Bake for 350 degrees for 45 minutes