

## Carrot Soufflé

### Ingredients

2 lbs carrots, chopped  
2/3 cup sugar  
1/4 cup sour cream  
3 Tbsp flour  
2 Tbsp butter, melted  
1 tsp baking powder  
1 tsp vanilla extract  
3 eggs, lightly beaten  
1 tsp powdered sugar

### Directions

Preheat oven to 350 degrees.

Cook carrots, in boiling water, for 15 minutes or until very tender, drain. Place carrots in a food processor; process until smooth. Add sugar, sour cream, flour, butter, baking powder, vanilla extract, salt and eggs; pulse to combine.

Spoon mixture into a 2 quart baking dish coated with cooking spray.

Bake 40 minutes or until puffed and set. Sprinkle with powdered sugar.

**Yield** 8 servings

### Nutritional Information

*Calories 209, Fat 7g, Carbohydrates 34g, Cholesterol 91mg, Sodium 302mg, Fiber 4g, Protein 4g*



*This light and airy carrot casserole has enough sweetness to provide a smooth accompaniment to any meal and could easily steal the show.*

