



## Carrot Soufflé

### Ingredients

- 1 lb carrots (steamed soft, then mashed)
- 1/2 c sugar
- 1 t baking powder
- 1/2 c butter, softened but not warm or melted
- 3 eggs, beaten
- 3 T flour
- 1 t vanilla
- 1 t cinnamon (to taste)
- 1/2 t nutmeg (to taste)

### Directions

- Preheat oven to 350 degrees and grease the baking dish.
- Mix all ingredients in bowl with a mixer.
- Pour into an 8x8 inch glass baking dish.
- Bake 45-50 minutes, until knife comes clean.
- Can be served hot or cold.
- Refrigerate after finishing serving/cooling.
- Shouldn't be kept for more than a couple of days, as it will lose its flavor and freshness.
- Servings really depend on how much you choose to serve.

*From Dane County Farmers Market newsletter; adapted from [www.food.com](http://www.food.com)*