



Carrot Souffle

Submitted by: Carol Meier

1 lb. Carrots, sliced
3 Eggs
½ C Sugar (or less)
3T Flour
1 t Baking Powder

1 t Vanilla
½ C Butter , melted
1/8 t Nutmeg
1/8 t Cinnamon

Preheat Oven to 350°. In a medium saucepan over moderate heat, place sliced carrots and cover with water. Cook until soft. Drain carrots.

Puree Carrots in processor till smooth. Mix in balance of ingredients.

Spray an 8"x8" pan with cooking spray and pour mixture into pan. Bake for 45-60 minutes, until toothpick comes out clean.

Serves 4