



Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



Carrot Soufflé

Makes 6 servings. Recipe from Cooking Light Magazine.

Ingredients

7 cups chopped carrot (about 2 pounds)
2/3 cup granulated sugar
1/4 cup sour cream
3 tablespoons all-purpose flour
2 tablespoons butter, melted
1 teaspoon baking powder
1 teaspoon vanilla extract
1/4 teaspoon salt
3 large eggs, lightly beaten
Cooking spray
1 teaspoon powdered sugar

Nutritional info per serving

Calories:	194
Total Fat:	7g
Protein:	14g
Carbohydrates:	32g
Cholesterol:	90mg
Sodium:	233mg
Dietary Fiber:	4mg
Calcium:	86mg

Directions

1. Preheat oven to 350°.
2. Cook carrot in boiling water 15 minutes or until very tender; drain. Place carrot in a food processor; process until smooth. Add granulated sugar and next 7 ingredients (granulated sugar through eggs); pulse to combine.
3. Spoon mixture into a 2-quart baking dish coated with cooking spray. Bake at 350° for 40 minutes or until puffed and set. Sprinkle with powdered sugar.