

Carrot soufflé

Carrot soufflé is a dish always served at Thanksgiving in my family. Always known for her delicious home-cooked meals, my Grandma Jo, graciously handed over her recipe to me, to create in a "paleo way."

—Hayley

Ingredients

- 2 lbs baby carrots
- 1 quart chicken broth
- 2 tbsp minced onion
- 2 tsp fresh lemon juice
- 1/2 cup coconut oil
- 1 tbsp coconut flour
- 1 tsp salt
- 1/4 tsp cinnamon
- 1/4 cup pure maple syrup (optional)
- 3 eggs

Difficulty:



Prep Time: 20 min

Cook Time: 45-60 min

Serves: 8

Process

1. Cook carrots until soft in free-range chicken broth.
2. Preheat oven to 350°F.
3. Remove carrots from broth and place in a food processor, or high-speed blender. Puree until smooth.
4. In large bowl, combine pureed carrots, onion, lemon juice, melted coconut oil, coconut flour, salt, cinnamon, pure maple syrup, and eggs.
5. Using a hand mixer, beat all ingredients until smooth.
6. Pour into a 2-quart soufflé dish, lightly greased with coconut oil.
7. Bake uncovered for 45-60 minutes, center should be firm to the touch before eating.
8. Sprinkle with cinnamon if desired, and serve.

Notes

Carrots may be cooked and pureed hours ahead adding lemon juice and covering tightly until ready to mix other ingredients. You also may bake the soufflé, freeze it, and then reheat it later.