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# Carrot Souffle` III

*Leslie Price - Georgia*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 6

**1 pound fresh carrots, peeled and cooked until soft. Drained**

**3 eggs**

**1/3 cup sugar**

**3 tablespoons flour**

**1 teaspoon vanilla**

**1 stick butter, melted**

**dash nutmeg**

**TOPPING**

**1/2 cup finely chopped walnuts**

**3 tablespoons brown sugar**

**2 teaspoons butter, softened**

Preheat the oven to 350 degrees.

In a blender (not a food processor), puree' the carrots and eggs. Blend in the sugar, flour, vanilla, butter and nutmeg. Pour the ingredients into a greased 1-1/2 quart casserole or souffle' dish.

Bake in the oven for 40 minutes.

In a bowl, mix together the walnuts, brown sugar and softened butter.

Remove the souffle' from the oven. Spread the topping mixture over the top.

Bake for an additional 5 to 10 minutes.

**Breakfast**

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*Per Serving (excluding unknown items): 289 Calories; 19g Fat (59.0% calories from fat); 4g Protein; 26g Carbohydrate; 2g Dietary Fiber; 151mg Cholesterol; 230mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat; 1 Other Carbohydrates.*