

Gluten-Free Carrot Cake Soufflé

Ingredients

- 2 large eggs, separated
- 1 cup finely grated carrots
- 1/3 cup maple syrup or honey
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1/2 cup almond flour (or other gluten-free flour)

Instructions

1. Separate the Eggs:

Crack the two eggs, separating the yolks into one bowl and the whites into another. Make sure no yolk mixes with the whites, or the whites won't whip properly.

2. Prepare the Carrots:

Peel the carrots and grate them using a fine grater. Measure out 1 full cup and gently

squeeze out excess moisture with a paper towel.

3. Mix the Yolks and Sweetener:

In the bowl with the yolks, add the maple syrup or honey. Use a hand whisk or electric mixer to blend until smooth and light in color, about 1 minute.

4. Add Flavorings to the Yolk Mix:

Stir in the cinnamon, nutmeg, salt, baking powder, and vanilla extract. Mix well.

5. Fold in the Carrots and Almond Flour:

Add the grated carrots and almond flour to the yolk mixture. Mix until everything is well combined.

6. Whip the Egg Whites:

With a clean hand mixer, beat the egg whites until stiff peaks form. This means when you lift the beater, the peaks stand up straight without drooping.

7. Fold Whites into Batter:

Gently fold the whipped egg whites into the carrot batter in 3 parts. Use a silicone spatula and make slow movements, going around the

bowl and lifting the batter from the bottom to preserve airiness.

8. Bake the Soufflés:

Preheat your oven to 180°C (350°F). Grease 4 small ramekins or a muffin tin with oil or butter.

Pour the batter into each ramekin, filling up to $\frac{3}{4}$ full. Place them on a baking tray and bake for 20–25 minutes, until puffed and golden.

9. Cool and Serve:

Let cool for 5–10 minutes before serving.

These are best eaten slightly warm.

Benefits

- Gluten-free and naturally sweetened.
- High in fiber from carrots and healthy fats from almond flour.
- Light and digestible — great for sensitive stomachs.