

Sweet Potato Soufflé

Saleha · 05/11/2021



Prep Time

2 hours 25 minutes

Difficulty

Easy

Servings

4

Description

No time for baking sweet potatoes? Check out our easy recipe for microwaved sweet potatoes!

Ingredients

- FOR THE SOUFFLÉ: 3 sweet potatoes
- 1 tsp. ground cinnamon
- 2 tbsp. brown sugar
- 1 tsp. pure vanilla extract
- Large pinch of kosher salt
- 4 egg white
- FOR THE CRUMBLE TOPPING: 1/4 c. finely chopped pecans
- 1/4 c. brown sugar
- 2 tbsp. all-purpose flour
- 2 tbsp. butter, melted, plus more for greasing ramekin
- 1/4 tsp. kosher salt

Instructions

1. Preheat oven to 400°. Place sweet potatoes on a large baking sheet and poke all over with a fork. Roast until tender, 50 minutes. Let cool completely.
2. Scoop out flesh and transfer to a food processor along with cinnamon, brown sugar, vanilla, and salt. Process until smooth, then add egg whites and continue to process until combined.
3. In a large bowl, mix all crumble ingredients until well combined.
4. Butter one medium ramekin. Add batter to ramekin and smooth top. Sprinkle with crumble topping. Bake until puffy and completely set, 38 to 40 minutes. Serve immediately.