

Yoder Farm's Special Sou-full

Recipe by Ryan Yoder, Yoder Farm

Sou-Full is Farmer Ryan Yoder spin on souffle. He roasts his squash, cut in half and upside-down in a sheet pan with water until soft. He freezes some in ice cream tubs to enjoy all winter and spring long.



Ingredients

6 cups roasted winter squash

2 cups whole milk--Ryan uses Larson milk from [Farm Fresh Connect](#)

3 eggs

1 cup maple syrup

2 cups whole milk plain [Larson's](#) yogurt

Pie spices and salt

Preparation

1. Preheat oven to 375.
2. Whisk eggs together well. Gradually whisk in milk, maple syrup, spices, and salt.
3. Fold in yogurt and squash.
4. Spread batter into a buttered pan that is metal, glass or ceramic.
5. Cook one hour. Sou-Full will be a baked custard like that of a pumkin pie.