

# 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.