

BAKED PUMPKIN CUSTARD



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“ This is a quick and easy recipe that anyone can make and enjoy using the superfood “pumpkin.” My mother and I made this every year at the holidays and now my daughter and I have started our own tradition. ”

BAKED PUMPKIN CUSTARD

INGREDIENTS

- **5** beaten egg yolks
- **2 cups** half-and-half or light cream
- **1/3 cup** no-calorie, heat-stable granular sugar substitute (Splenda)
- **1/3 cup** canned pumpkin
- **1 tsp** pumpkin pie spice
- **1 tsp** vanilla
- **2 1/8 tsp** salt

- 1** In a medium bowl stir together egg yolks, half-and-half, sugar substitute, pumpkin, pumpkin pie spice, vanilla and salt. Beat until combined, but not frothy
- 2** Place six 6-ounce custard cups in a 13x9x2 inch baking pan set on an oven rack
- 3** Divide egg mixture among custard cups
- 4** Pour boiling water into the baking pan around custard cups to a depth of 1 inch
- 5** Bake in a 325 degree F oven for about 35 minutes, or until a knife inserted near the center comes out clean
- 6** Remove cups from water, cool slightly and serve warm



Super food ingredient

“PUMPKIN”

SERVES

6

#IMEXRECIPES