

PUMPKIN CUSTARD

(Standard, Ovotarian & Maintenance Plans)

Missing the taste of pumpkin pie? This recipe tastes just like traditional pumpkin pie without the crust. Since pumpkin is a vegetable, you can enjoy it at your meal. This recipe (at 1 cup) is one serving of cooked vegetable and one serving of fat.



INGREDIENTS

15 oz. canned pumpkin
2 tsp. cinnamon
1/2 tsp. ground ginger
1/4 tsp. nutmeg
1/8 tsp. Pink Himalayan salt
4 pastured eggs
2 tsp. vanilla
7 Tbs. Swerve granulated sweetener or allulose
15 oz. can full-fat coconut milk (not boxed milk)

INSTRUCTIONS

Preheat oven to 350°F. Combine pumpkin, spices and salt in large bowl.

In medium bowl whisk eggs, Swerve, vanilla and coconut milk together well. combine egg and pumpkin mixture, mixing well.

Pour into 6 ramekins or one ceramic baking dish. Place ramekins/baking dish into a large rectangular baking pan and add enough water to come up halfway or more around the ramekins/baking dish. Be careful not to get water in the custard.

Bake for 60 minutes or until a knife inserted into the center of the custard comes out clean. Allow to cool and place in fridge for one hour.