



Maple Pumpkin Custard

Another yummy recipe from my client, Emily. A very savory, smooth, and creamy delight that helps satisfy anyone's sweet tooth without too much sugar.

Two tablespoons of 100 percent maple syrup is all it calls for. So delicious, you'll forget that it's healthy! She's even calculated the calories and nutrients.

INGREDIENTS

- 1 cup of canned pumpkin
- ¼ cup canned coconut milk
- 2 TBSP maple syrup
- 2 eggs (remove approximately ½ of an egg white)
- ½ TSP vanilla extract
- 1/8 TSP ground ginger
- ¼ TSP ground cinnamon
- 1/8 TSP ground nutmeg
- A pinch ground clove
- A pinch of sea salt

DIRECTIONS

Preheat oven to 350F. Combine all ingredients in a bowl and whisk thoroughly. Pour the filling into 4 ramekins about ¾ of the way each. Place ramekins on a rimmed cookie sheet and bake for 25-30 minutes; the center should jiggle a little when done. The original recipe says, "Cool to room temperature, then refrigerate for 1 hour prior to serving," but I like it a little warm. Top with 1 TBSP of whipped coconut cream (whip up the thick cream from a can of coconut milk with a little vanilla or maple syrup mixed in—keeps in the fridge for up to 10 days), and/or a couple of berries.

* 114 calories, 5g fat, 11g carbohydrates, 9g sugar, 4g protein