Delectable Desserts

Try this scrumptious Paleo sweet treat.

August 31, 2015 By Gerrie E. Summers

Pumpkin Spice Custard
Serves 5

1 cup canned pumpkin puree
1 teaspoon cinnamon
½ teaspoon ground ginger
¼ teaspoon nutmeg
¼ teaspoon cardamom
Pinch sea salt
2 whole eggs
2 egg whites
¼ cup raw organic honey or pure maple syrup
1 teaspoon vanilla extract
1 cup coconut or almond milk

1. Preheat the oven to 350 degrees Fahrenheit and set a pot of water on the stove to boil.
2. Combine the pumpkin and all the spices in a large bowl. In a separate bowl, beat the eggs and egg whites, and add the honey or syrup, vanilla and milk to the eggs. Pour the egg mixture into the pumpkin mixture and mix well.
3. Pour the formed custard mix into five individual small ramekins, then place all the bowls into a baking pan. Pour the hot water (from step 1) into the pan around the ramekins, which should cover more than half of the height of the ramekins.
4. Bake for 60 minutes or until a toothpick inserted into the center comes out clean. Enjoy warm or chilled.

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