

# Pumpkin Custard

**Serving Size:** 1 large ramekin (4 oz.) • **Total Servings:** 8 (32 oz. or 4 cups)

---

*¾ tsp. stevia extract (see page xii for brand variances)*  
*1 ¼ cups evaporated fat-free milk, canned*  
*¾ tsp. ground cinnamon*  
*¼ tsp. sea salt*  
*¼ tsp. ginger*  
*3 large eggs*  
*1 ¾ cup (15 oz.) canned pumpkin*

<b>Nutrition Facts/Serving</b>	
Calories	79
Carbohydrates	9g
Total Sugars	7g
Fiber	2g
Fat	2g
Cholesterol	81mg
Sodium	148mg
Protein	6g

Preheat oven to 350° F. Lightly spray ramekins with canola oil cooking spray. Mix and dissolve stevia in evaporated milk and set aside. Combine dry spices in small bowl. With electric mixer, beat eggs and pumpkin into dry spices. Mix thoroughly. Gradually add stevia/milk mixture into egg/pumpkin mixture and stir until incorporated.

Pour into 8-4 oz. ramekins and place ramekins in a large casserole dish filled halfway with hot water. Bake for 25 minutes or until toothpick inserted in center comes out clean.\* Let cool. Refrigerate.

\*If you use smaller ramekins, such as 2 oz., reduce cooking time to 15 minutes and continue until 20 minutes if center is still wet.

**Optional:** Serve with Whipped Cream Topping (see page 34).