

# Maple Pumpkin Custards

## Diabetes Friendly

**Items Needed:** Small Saucepot, Whisk, Mixing Bowl, Baking Dish, Ramekins

**Serves:** 6

### Ingredients:

- 1 can of pumpkin
- 1-2 tsp pumpkin pie spice ( use your judgement, if you like extra spice, add two if you like mild spice, add one.)
- Pinch of salt
- $\frac{3}{4}$  cup milk
- 3 eggs
- $\frac{1}{4}$  cup packed dark brown sugar
- 1 Tbsp cornstarch
- 1 tsp vanilla
- 1 tsp maple extract
- $\frac{1}{4}$  cup toasted Pecans

### Directions:

1. Preheat your oven to 350 degrees. Heat milk to scalding (just before boiling.)
2. In a mixing bowl, combine eggs, sugar, spices, cornstarch and salt.
3. Once the milk is heated through, slowly mix milk into egg mixture to temper the eggs.
4. Replace the milk on the stovetop with 4 cups of water (we will use this for our hot water bath around the ramekins.)
5. Add pumpkin to the custard mix and portion into ramekins.
6. Bake 25-35 minutes or until a knife inserted in the middle comes out clean.
7. Allow to cool and serve with sugar free whipped topping and toasted pecans.

### Nutrition Information (per 1 Ramekin):

Calories: 130 Fat: 6.9 g Carbs: 10 g Protein: 5.4 g Fiber: 2.5 g Sodium: 66.6 mg

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