

Pumpkin Custard

1 cup	2% evaporated milk
1 cup	cooked pumpkin puree
2 tbsp	sugar or Splenda
1	egg
¼ tsp	ground nutmeg
¼ tsp	ground ginger
¼ tsp	ground cinnamon

- In a blender or food processor, combine milk, pumpkin, sugar, egg and spices.
- Process until well blended; pour into 4 small custard cups.
- Place cups in large roasting pan; pour enough boiling water into pan to come halfway up sides of cups.
- Bake in preheated 325°F oven for about 30-40 minutes or until knife inserted in center comes out clean. Serve warm or cold. Makes 4 servings.

"Complete Canadian Diabetes Cookbook" by Katherine E. Younker