



Elliott Evans Nutrition, LLC
Prevent and Protect
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PUMPKIN CUSTARD

A Recipe for Life by the Doctor's Dietitian Serves 6

Ingredients

1 1/2 cups canned pumpkin
1/4 cup plain yogurt
1/4 cup whole-milk ricotta cheese
3 T honey
1 tsp ground cinnamon
1/8 tsp ground ginger
1/8 tsp ground allspice
2 large eggs, separated

Directions

Preheat oven to 350°F.

In a medium mixing bowl, stir together canned pumpkin, yogurt, and ricotta cheese until blended. Stir in honey and spices.

Separate egg yolks from whites and stir egg yolks into pumpkin mixture. Beat egg whites until stiff peaks form and fold into mixture.

Pour into 6 ramekins and bake at 350°F for 25 to 30 minutes until puffed and rounded. Serve immediately.

Nutrient Analysis per serving: Calories: 103; Protein: 5 g; Total carbohydrates: 14 g; Total fat: 3 g; Fiber: 2.7 g; Sodium: 40 mg