

Baked Pumpkin Custard

(low fat & low calorie)

Baked custard is definitely a treat – at any time of the day!

Ingredients

- 6 eggs*
- 1/2 cup granulated sugar
- 1 (15-ounce) can pumpkin
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 3 cups skim or low-fat milk, heated until very hot
- Ground nutmeg or cinnamon for garnish, optional



* The amount of eggs used can vary according to your needs. For dessert, you might want to use 4 eggs. When making for breakfast, increase the recipe to 6 eggs.

Preparation

Preheat oven to 350 degrees F. Adjust oven rack to center position. Lightly butter (or use non-fat vegetable spray) eight (6-ounce) custard cups and set them into a large baking dish. If cooking custards in a metal pan, cover the bottom of the pan with a layer of newspaper to ensure an even temperature on the bottom.

In a large bowl, beat eggs slightly; add sugar, pumpkin, salt, cinnamon, ginger, and cloves and beat until combined. Mix in hot milk until blended. Pour egg mixture into prepared custard cups. Sprinkle with nutmeg or cinnamon.

Bring the water for the water bath (see [definition on right](#)) to a light simmer on top of the stove; carefully pour hot water into the baking pan to come half-way up the sides of the custard cups. NOTE: The most common mistake people make in baking a custard is not putting enough water in the hot-water bath. The water should come up to the level of the custard inside the cups. You must protect your custard from the heat.

Definition of Water Bath or Bain-Marie (bahn mah-REE) - A hot water bath or bain-marie are used to cook custards and baked eggs in the oven without curdling or cracking, and also used to hold sauces and to clarify butter.

Water baths are most often used for egg-based dishes. The proteins in the eggs are very heat sensitive and only need to be warmed to cook thoroughly. They will start to get firm at only 145 degrees. Cooking them with a slow, gentle heat keeps the eggs soft and smooth.

Bake 25 to 30 minutes or until set around the edges but still loose in the center. The cooking time will depend largely on the size of the custard cup you are using, but begin checking at 20 minutes and check back regularly. When the center of the custard is just set, it will jiggle a little when shaken, that's when you can remove it from the oven. Remove from oven and immediately remove cups from water bath; cool on wire rack until room temperature. Cover with plastic wrap, and refrigerate at least 2 hours or up to a week.

Makes 6-8 servings (depending on size of custard cups).

Nutritional Information

Baked Pumpkin Custard - Nutritional Information

Item	Amount	Fat Grams	Calories	WW Points
eggs, large	6	36	474	12
sugar	1/2 cup (4 oz)	0	385	8
pumpkin	15 oz can	1	164	3
milk, skim	3 cups	1	240	5
Recipe Totals		38	1263	28

Recipe Makes 6 servings

Per Serving - 6 Fat Grams, 210 calories, 5 WW Points