

Pumpkin Custard

The pumpkin purée can be made ahead of time and refrigerated or frozen until you're ready to use it.

INGREDIENTS

- 2 cups pumpkin, cooked, puréed, strained
- 4 large eggs
- 1/2 cup cream or coconut milk
- 5 tablespoons maple syrup
- 1 pinch unrefined sea salt
- 1 teaspoon cinnamon, ground
- 1/4 teaspoon ginger, ground
- 1/4 teaspoon nutmeg, ground
- 1/4 teaspoon cloves, ground

DIRECTIONS

1. Pour into greased oven-proof dishes (ramekins, small Pyrex dishes or a pie pan). Bake at 350 degrees until the center is set, about 45-60 minutes depending on the size of the baking dish (less time for tiny ramekin dishes).

Tip: to test whether the custard is done, remove it from the oven and hold the dish on its side. If the face of the custard slides at all it needs to cook longer. Do not overcook, though, or it will become tough. A slightly undercooked custard will still be tasty while an overcooked one will not be as good.