

Paleo Pumpkin Custard

Servings: 6-8 ramekins (either 6 or 8 ounce size)

Prep time: 20 minutes

Cook time: 45

Ingredients:

1-15oz canned organic puree pumpkin (or 2 cups fresh roasted pumpkin, sugar pie pumpkins have best flavor)

4 large eggs (use 2 whole eggs and 2 egg yolks*)

½ cup full fat [coconut milk](#)

¾ cup organic maple syrup, or [coconut sugar](#), or [Lakanto's Monkfruit](#) no-sugar alternative sweetener

3 teaspoon ground cinnamon

3 teaspoon vanilla extract

½ teaspoon ground nutmeg (plus extra for dusting)

1 teaspoon ground ginger

¼ teaspoon Celtic or Himalayan sea salt

Optional: [coconut cream](#) for "whipped cream" and chunks of dark chocolate



Instructions:

1. In a food processor combine pumpkin puree, and eggs (just enough, don't overmix)
2. Pulse in coconut milk, maple syrup, cinnamon, vanilla extract, nutmeg, ginger and salt
3. Place empty ramekins into a deep cookie sheet or baking pan
4. Pour filling into ceramic ramekins until almost full (leave about 10% empty space for rising)
5. Pour boiling water around the ramekins in baking dish, try to cover at least ¼ ideally ½ of the height of your ramekins
6. Lightly dust top of each filled ramekin with nutmeg
7. Bake at 350° for 45 minutes or until a knife or toothpick comes out relatively clean
8. Allow to cool then refrigerate for 2 hours to set up

For whipped cream alternative: Take a can of coconut cream (not milk) and chill it for at least a few hours, overnight ideal. Whip it until frothy, like you would regular whipped cream. Doesn't take as long to whip. Add in a small amount of vanilla before whipping as desired.

To roast your own pumpkin: Buy a small sugar pie pumpkin. Cut it in half. Scoop out seeds. Turn them face down on cookie sheet and bake for approx. 1 hour at 350 degrees. You want the pumpkin flesh to be very soft.

Source: www.matthewalbracht.com