

# **Pumpkin Custard**

original recipe from NourishedKitchen.com

## **Ingredients**

- 2 cups pumpkin puree (from 1 pie pumpkin)
- 9 egg yolks (beaten)
- 2 cups heavy cream
- 1/2 cup maple sugar (regular sugar works too)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cardamom
- whipped cream to serve

## **Instructions**

- Preheat oven to 350F. Next, prepare a water bath by filling a 9 inch by 13 inch baking dish half-way with water. Set the baking dish in the oven.
- Whisk pumpkin puree, egg yolks, cream, sugar and spices together in a large mixing bowl until uniformly blended.
- Strain the custard base through a fine mesh sieve to remove any pulpy bits (not necessary if using canned pumpkin puree). Then put the custard base into 6 (6oz) ramekins, and gently set them into the water bath. Bake until just set, about 40-50 minutes.
- Cool to room temperature, and serve with whipped cream.

Serves 6

## **Notes**

Try infused whipped cream, sugar, powders or a drizzle of melted infused chocolate to medicate this recipe.