

Healthy Pumpkin Pie Custard: Gluten Free & Low Carb



Ingredients

- 1 can (15 ounce) pumpkin puree
- 1/2 cup heavy cream (or 1% milk)
- 4 beaten eggs
- 1/2 teaspoon salt
- 2 teaspoons vanilla extract
- 2 teaspoons pumpkin spice

Instructions

1. Preheat oven to 350 degrees.
2. Spray 6 ramekins or custard cups with olive oil cooking spray.
3. In a large bowl or stand mixer mix together pumpkin, cream eggs, spices and stevia.
4. Pour evenly into ramekins.
5. Bake for 45-50 minutes or until a knife in center comes out clean.
6. Best served cold.
7. Invert onto a plate or serve from dish.