

Healthy Pumpkin Custard

Unit: Large Skillet

6 Egg whites	½ Cup Agave Nectar
½ Cup of low fat Greek yogurt	2 Tbsp pumpkin pie spice
4 Tbsp Corn starch	
1 Pie pumpkin (use 2 cups of cooked pumpkin)	

Cut the top off of your pie pumpkin. Then cut in ½ and make into small strips. With a paring knife, clean out, as you would an apple, the seeds. Using the #1 cone on your food processor, feed the flesh side of the pumpkin strips through the back of the machine. (The rind will be facing the back and the flesh will be touching the blade.)

In your 3 qt. sauce pan cook fresh pumpkin with ½ cup of water on medium click low, low for 20 minutes or until soft. Let the pumpkin cool for 10-15 minutes and then blend all ingredients, except for the eggs, in a blender. Taste the mixture and add sugar or pie spice as desired. Then add the eggs and blend again in the blender.

Spray 10" sauté' skillet and pour the ingredients in. Place lid on top and cook on medium for 5 minutes on your cook top. Cook on medium-low for 20-25 minutes. If the top doesn't want to set up, remove the lid and dry the water from the inside of the lid with a towel. Reseal the lid and cook for a few minutes until it is done.

***If baking in the oven use 4 eggs and 8 oz. of evaporated milk instead of egg whites and yogurt.**

***If using your family recipe and cooking it on the stove top increase eggs add the cornstarch and cut evaporated milk in ½.**

***The reason for using yogurt, other than health benefits, is the agave we used instead of sugar makes it too runny**

