

## Walnut-Nutmeg Pumpkin Custards

Recipe By: Diabetic Living Magazine "Planning any parties for fall? Don't overlook this custard recipe—it's easy to assemble and will have your guests doling out the compliments! They'll love how the creamy pumpkin custard contrasts with the crunchy walnut, brown sugar and oat topping."

### Ingredients

- 1 cup evaporated fat-free milk
- 1 cup canned pumpkin
- 2 eggs, lightly beaten
- ½ cup pure maple syrup
- ½ cup refrigerated or frozen egg product, thawed
- 2 teaspoons vanilla
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon ground allspice
- ¼ cup chopped walnuts
- ¼ cup regular rolled oats (see Tip)
- 2 tablespoons packed brown sugar (see Tip)
- 1 tablespoon butter, melted
- ½ cup frozen light whipped dessert topping, thawed
- Freshly grated nutmeg (optional)

### Directions

- 1  
Preheat oven to 350°F. Coat eight 6-ounce ramekins with cooking spray. Place ramekins in two 2-quart square baking dishes.
  - 2  
In a medium bowl, combine evaporated milk, pumpkin, eggs, maple syrup, egg product and vanilla. In a small bowl sift together ½ teaspoon of the ground nutmeg, the salt and allspice. Add spice mixture to the pumpkin mixture; beat with a wire whisk until well mixed.
  - 3  
In the small bowl that contained the spice mixture, combine walnuts, oats, brown sugar and the remaining ¼ teaspoon ground nutmeg. Add melted butter; stir just until combined.
  - 4  
Divide pumpkin mixture evenly among the prepared ramekins. Place baking dishes on the oven rack. Pour enough boiling water into baking dishes to reach halfway up the sides of the ramekins. Bake 15 minutes. Carefully top each with about 1 tablespoon of the nut mixture. Bake 15 to 20 minutes more or until a knife inserted near centers comes out clean.
  - 5  
Remove ramekins from water; cool on wire rack 30 minutes. Cover and chill 2 to 8 hours before serving. To serve, top with whipped dessert topping and, if desired, sprinkle with freshly grated nutmeg.
- Tips: People with celiac disease or gluten sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.
- Choose Splenda(R) Brown Sugar Blend. Follow package directions to use product amount equivalent to 2 tablespoons brown sugar. Nutrition Per Serving with Substitute: Same as below, except 197 cal., 30 g carb.

