

Pumpkin Custard

Protein Pumpkin Custard



INGREDIENTS:

- 2 egg whites
- 3/4 cup no-calorie sweetener
- 2 scoops vanilla whey protein
- 1-3/4 cup pumpkin puree (not pie filling)
- 2/3 cup nonfat evaporated milk
- 1/2 tsp pumpkin pie spice

TIP:

A water bath creates a warm, moist environment to prevent the protein powder from toughening up. It coaxes it into melding seamlessly with the rest of the custard.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a bowl, whisk egg whites until frothy (don't let it get to stiff peaks, so beat it by hand).
3. Add the sweetener and whisk until incorporated. Add the protein and do the same.
4. Add pumpkin and pumpkin pie spice and mix until incorporated.
5. Pour in evaporated milk and then whisk until the mixture is lump-free.
6. Place in six ramekins and put the ramekins in a baking dish. Pour water into pan until water level is halfway up the sides of the ramekins.
7. Bake for about 25-30 minutes. You'll know the custard is done if you jiggle a ramekin and the filling inside doesn't quiver at all.
8. Remove from oven. Carefully remove ramekins from water and place on cooling rack.
9. Serve warm or cold with a dollop of sugar-free whipped topping.

NUTRITION FACTS:

Servings per recipe: 6; Amount per serving: Calories: 95.1; Total Fat: 1g; Total Carbohydrates: 15.1g; Dietary Fiber: 2.9g; Protein: 13.5g *Nutritional information does not include toppings.



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