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Baked Pumpkin Pudding

Makes 4 servings. Recipe adapted from BH&G.

Ingredients

Nonstick cooking spray
1 cup canned pumpkin
1/2 cup milk
1/3 cup packed brown sugar
2 egg whites, lightly beaten
1/2 teaspoon pumpkin pie spice
2 tablespoons quick-cooking rolled oats
1 tablespoon toasted pumpkin seeds or coarsely chopped pecans or pistachios
2 teaspoons packed brown sugar
1 teaspoon butter, softened
Toasted pumpkin seeds or walnuts for topping (optional)
Cinnamon & powdered sugar for topping (optional)

Nutritional info per serving

Calories:	148
Total fat:	10g
Cholesterol:	3mg
Sodium:	59mg
Total Carbs:	29g
Dietary Fiber:	2g
Protein:	4g
Sugar:	24mg

Directions

1. Preheat oven to 350 degrees F. Lightly coat four 6-ounce ramekins or custard cups with cooking spray. Place ramekins in a 2-quart square baking dish; set aside. In a medium bowl stir together pumpkin, milk, the 1/3 cup brown sugar, the egg whites, and pumpkin pie spice. Divide pumpkin mixture among ramekins.
2. In a small bowl combine oats, the 1 tablespoon pumpkin seeds, the 2 teaspoons brown sugar, and the butter, stirring with a fork until crumbly. Sprinkle oat mixture evenly over pumpkin mixture.
3. Place baking dish on oven rack. Pour boiling water into the baking dish around ramekins to a depth of 1 inch. Bake, uncovered, for 40 to 45 minutes or until a knife inserted near the center of each pudding comes out clean. Carefully remove ramekins from water.
4. Cool on a wire rack at least 15 minutes before serving. (Or, after cooling for up to 1 hour, cover and chill for up to 24 hours.) If desired, sprinkle with additional pumpkin seeds or walnuts and cinnamon & powdered sugar before serving.