

CREAMY PUMPKIN PUDDING

SERVES 6

Preparation time: 30-45 minutes

Refrigerate 1 hour to serve chilled, may be served warm

INGREDIENTS

4 large egg yolks, beaten

3/4 cup sugar

3 tablespoons cornstarch

3 cups low fat milk

1 cup canned pumpkin

1 teaspoon vanilla

1 pinch nutmeg

1/4 teaspoon cinnamon

DIRECTIONS

1. Beat egg yolks with a fork or small whisk in a medium bowl, set aside.
2. In a heavy, medium-sized saucepan combine sugar, cornstarch and milk. Heat this milk mixture over medium heat stirring frequently for the first 5 minutes. Once the mixture heats up, stir constantly until it begins to bubble.
3. Once the milk mixture begins to bubble, pour 1/2 cup of it slowly into the eggs stirring quickly so the eggs don't cook.
4. Immediately pour this egg/milk mixture back into the saucepan. Cook on medium heat, stirring constantly so it doesn't scorch, until bubbly and thickened.
5. Pour into serving bowls and cover with plastic wrap (directly on top of the pudding so it doesn't form a skin), refrigerate.
6. Serve chilled.

NUTRITIONAL INFO: Serving Size: 1/2 cup, Calories: 223, Fat: 4.35 grams (g), Sodium: 79 milligrams (mg), Calcium: xx mg.



TIPS & VARIATIONS

- **COOK PUDDING** over medium heat to reduce the chance of scorching.
- **STIR THE PUDDING** constantly so it won't scorch. Milk easily scorches on the stovetop so keep stirring!
- **A HEAVY SAUCEPAN** helps to insulate the pudding and reduce the chance of scorching. If you only have a light or medium weight pan, watch it carefully and cook over lower heat.

SIMPLY GOOD EATING



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