

## **Baked Pumpkin Custard**

*Not only low in calories, but delicious!*

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- ½ cup of Splenda or sugar (or ½ and ½ of each)
  - ½ teaspoon salt
  - 1 teaspoon ground cinnamon
  - 1/2 teaspoon ground ginger
  - 1/4 teaspoon ground cloves
  - 3 egg whites (slightly beaten) or ½ cup of egg substitute
  - 13 oz can of pumpkin
  - 6 oz can of fat-free evaporated milk
  - Nonstick spray oil
- Fat-free or light whipped dessert topping (optional)

Preheat oven to 425 degrees. In a medium mixing bowl combine the sugar, cinnamon, ginger, cloves, salt and eggs (or substitute). Stir in pumpkin and evaporated milk. Mix well. Coat a casserole dish with spray oil. Pour in mixture. Bake at 425 degree oven for 15 minutes. Reduce temperature to 350 degrees and bake an additional 40 to 50 minutes, or until a knife inserted near the centers comes out clean. Cool. If desired, garnish with whipped dessert topping.

Per Serving (does not include frozen topping): 45 Calories; trace Fat (1.4% calories from fat); trace Saturated Fat; 3g Protein; 9g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.