



# Rich Pumpkin Custard

★★★★☆

*"When I was on a low-fat diet, I couldn't bear the thought of celebrating Thanksgiving without my favorite pumpkin pie," explains Fort Wayne, Indiana's Mary Alice Dick. "So I altered the ingredients and created this thick pudding instead. Now I can enjoy the dessert throughout the year."*

---

**TOTAL TIME:** Prep: 20 min. Bake: 35 min.

**YIELD:** 8 servings.

---

## Ingredients

3 large egg whites, lightly beaten

2/3 cup sugar

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

Dash ground cloves

1 can (15 ounces) solid-pack pumpkin

1 teaspoon vanilla extract

1 can (12 ounces) fat-free evaporated milk

## Directions

1. In a large bowl, beat the egg whites, sugar, cinnamon, salt, ginger, nutmeg and cloves. Add pumpkin and vanilla; mix well. Gradually beat in milk. Pour into eight ungreased 6-oz. custard cups.
2. Place the cups in a 13x9-in. baking pan; add 1 in. of water to pan. Bake at 325° for 35-40 minutes or until a knife inserted in the center comes out clean. Serve warm or chill.