



Zesty Pumpkin Custards

Makes 4 servings (1/2 cup per serving)

Ingredients:

1/8 cup sugar

1 tablespoon honey

3/4 teaspoon ground cinnamon

1/2 teaspoon ground allspice

1 egg

6 ounces canned evaporated skim milk

8 ounces canned cooked pumpkin

1/4 cup reduced-calorie frozen whipped topping, thawed.

Preparation:

Preheat oven to 325° F. Combine the first 7 ingredients in a large bowl. Using an electric mixer, beat at low speed until smooth. Spoon 1/2 cup of the pumpkin mixture into each of 4 (6-ounce) ramekins or custard cups. Place 4 ramekins in a 9-inch square baking pan; add hot water to the pan to a depth of 1 inch. Bake for 1 hour or until set. Remove ramekins from pan; let cool. Top each serving with 1 tablespoon whipped topping.