



# ***Baked Pumpkin Pudding***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1, 15 ounce can pumpkin puree  
3/4 cup skim milk  
1/3 cup brown sugar  
3 egg whites, lightly beaten  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
Topping:  
1/4 cup rolled oats  
2 tablespoons toasted pumpkin seeds (pepitas)  
1 tablespoon brown sugar  
2 teaspoons Earth Balance spread or butter

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## ***Directions***

Preheat oven to 350°F. Lightly coat six ramekins or custard cups with cooking spray. Place in a 9×13 inch baking dish and set aside.

In a medium bowl, mix pumpkin, milk, sugar, egg and spices. Divide mixture among the ramekins.

In a small bowl, combine topping ingredients. Sprinkle evenly over ramekins.

Pour boiling water into baking dish to surround ramekins, 1 inch deep. Bake, uncovered, 45-50 minutes (or until a knife inserted near the center comes out clean). When done, transfer ramekins to wire rack to cool for at least 15 minutes (or up to 1 hour). Enjoy!