



The Wholeness Chef

Pumpkin Custard Cups with Candied Pecans (dairy free)

This recipe is so easy and it is such a crowd pleaser. My boys and my husband beg me to make this all the time. It's great if you're having any guests over that have food sensitivities or food allergies because it's both gluten and dairy free!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

For custard cups:

- 1 Cup Organic Pumpkin Puree
- 1 Cup Organic Canned Full Fat Coconut Milk
- 1/2 Cup Organic Maple Syrup
- 4 Organic Pastured Eggs
- 1 Tsp Ground Cinnamon
- 1/4 Tsp Ground Ginger
- 1/4 Tsp Sea Salt
- 1/8 Tsp Ground Clove
- 1/8 Tsp Freshly Ground Nutmeg
- 1 Tsp Vanilla Extract

For topping:

- 1 Cup Raw Whole Pecans
- 1/2 Cup + 1 Tbsp Organic Maple Syrup

Directions:

1. Preheat oven to 350°F. Arrange 6 half-cup ramekins in 9 x 13 glass baking dish and set aside.
2. In a large mixing bowl, add all ingredients (pumpkin through maple syrup) and blend with hand held mixer until batter is mixed thoroughly and uniform.
3. Transfer custard to ramekins.
4. Fill baking dish with 1 inch water. Be careful to not get any water in the ramekins.
5. Transfer to oven and bake for 30-45 minutes until custards are set.
6. While the custards are baking, make the candied pecans.

7. Heat a medium sauce pan over medium heat and dry roast pecans until fragrant and slightly browned, for about 8 minutes. Be sure to agitate pecans frequently to prevent burning.
8. Add 1/2 cup + 1 Tablespoon maple syrup to pan and with a spatula quickly toss the pecans in the syrup.
9. Immediately transfer to cutting board or silicon mat to cool.
10. Remove custards from oven and cool completely before transferring to fridge to completely set.
11. When ready to serve, chop pecans and sprinkle on top of custards.