



Season's Greetings!

A healthy recipe to brighten up your holidays



Pumpkin Pie Pudding

A light pudding that can be made ahead of time. Wait to top it with the whipped cream and walnuts until you're ready to serve.

- 1/2 cup sugar, divided
- 2 tablespoons cornstarch
- 1 3/4 cups 1% low fat milk
- 1 large egg
- 1/2 cup canned unsweetened pumpkin
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- Cooking Spray
- 1/4 cup chopped walnuts
- Dash of salt
- 1/4 cup heavy whipping cream



From myrecipes.com

Preparation

1. Combine 6 tablespoons sugar and 2 tablespoons cornstarch in a medium saucepan over medium heat. Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.
2. Combine pumpkin and the next 4 ingredients (through ground nutmeg) in a bowl, stirring well. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil). Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap. Chill.
3. Line a baking sheet with foil, and coat foil with cooking spray. Place the remaining 2 tablespoons sugar, walnuts, and a dash of salt in a small nonstick skillet; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts. Transfer mixture to prepared baking sheet, and cool completely. Coarsely chop nuts.
4. Place cream in a bowl. Beat with a mixer at high speed until stiff peaks form. Top each serving with 2 tablespoons whipped cream and about 1 tablespoon nuts.



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