

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Orange Pumpkin Custard
Makes 8 servings**

Ingredients:

2 Tablespoons orange juice
1 teaspoon vanilla
¼ cup golden raisins or dark raisins
Nonstick cooking spray
1 (15-ounce) can pumpkin
2/3 cup evaporated fat-free milk
1/3 cup packed brown sugar or brown sugar substitute equivalent (i.e. Splenda Brown Sugar)
1 egg, slightly beaten
1 teaspoon pumpkin pie spice
1/3 cup rolled oats
2 tablespoons packed brown sugar or brown sugar substitute equivalent (i.e. Splenda Brown Sugar)
2 teaspoons butter or coconut oil, melted

Directions:

1. In a small saucepan, heat orange juice and vanilla until hot (do not boil). Add raisins; set aside to cool (this is called "blooming", which softens the raisin).
2. Preheat oven to 355 degrees. Lightly coat eight 8-ounce soufflé dishes or custard cups or 1-quart casserole with nonstick cooking spray. Place soufflé dishes or custard cups in a shallow baking pan; set aside.
3. In a large bowl, combine pumpkin, evaporated milk, the 1/3 cup brown sugar, egg, and pumpkin spice. Stir in raisins and any liquid that is left in the saucepan. Spoon pumpkin mixture into prepared dish(es).
4. For topping, in a small bowl, combine rolled oats, and the 2 tablespoons of brown sugar. Stir in the melted butter. Sprinkle over pumpkin mixture.
5. Bake about 30 minutes for soufflé dishes or custard cups, 40-45 minutes for 1-quart casserole, or until a knife inserted near the center comes out clean. Cool slightly before serving.

Recipe Source: adapted from www.Diabeticlivingonline.com

Nutritional Information per serving:

Calories: 128	Carbohydrates: 26g
Total Fat: 1g	Cholesterol: 30mg
Saturated Fat: 1g	Dietary Fiber: 2g
Sodium: 60mg	Protein: 5g

*Recipe with sugar substitute: Nutrition Information per serving:
81 calories; 5g protein; 14 carbohydrates; 1 g fat; 3g cholesterol; 2g fiber; 55g sodium

Diabetic Exchange: 1.5 Carb