

Pumpkin Custard with Molasses Drizzle and Pecans

Serves 6	metric measures
1- 12 oz package firm silken tofu	350 gm
2 large eggs	100 gm
1- 15 oz can pure pumpkin	425 gm
3/4 cup dark brown sugar	180
1 teaspoon ground cinnamon	3 gm
½ teaspoon ground ginger	1 gm
¼ teaspoon ground cloves	.5 gm
½ teaspoon salt	3 gm
2 tablespoons molasses	30 ml
¼ cup chopped pecans	30 gm

Preheat oven to 350 degrees.

Place 6 ramekins in a 9x13" baking pan. Add water to the 9x13 pan, until it comes halfway up the sides of the ramekins.

Put tofu, eggs, pumpkin, brown sugar, and spices in a blender. Process until smooth, about a minute or two. Pour into the ramekins. Bake for 30 minutes.

Cool. Cover and store in the fridge.

Garnish with a drizzle of molasses and chopped pecans.

This is also easily made with evaporated milk in place of the tofu. Use 1- 12 oz can of evaporated milk.

Nutrition links:

Brown sugar and molasses <http://blog.kitchentherapy.us/2009/08/antioxidants-in-sweeteners>

Squash and pumpkin <http://whfoods.org/genpage.php?tname=foodspice&dbid=63#descr>

Tofu <http://whfoods.org/genpage.php?tname=foodspice&dbid=111#descr>

Eggs <http://whfoods.org/genpage.php?tname=foodspice&dbid=92#descr>

Cinnamon <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=68>

Ginger <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=72#foodspicename>

Cloves <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=69#descr>