This dish is soft and smooth for those suffering from dry mouth or mouth sores. Pumpkin is a great source of fiber, which may help relieve symptoms of constipation. It’s also a great source of potassium and heart-healthy magnesium and iron.

Due to its orange color, pumpkins contain a powerful antioxidant called beta-carotene that provides us with an abundant source of vitamin A.

Pumpkin Souffle

*Dessert | 118 calories per serving*

**DIRECTIONS**

1. Preheat oven to 350 F.
2. Combine all ingredients in a bowl and blend well.
3. Pour into a greased 2-quart casserole dish or 9 x 13 oven-proof glass dish. You can also use individual ramekins.
4. Bake for 1 hour in the middle rack.
5. Dust with powdered sugar before serving if desired.

**INGREDIENTS**

- 2 cups plain canned pumpkin, or fresh pumpkin puree
- 1 cup non-fat evaporated milk, (or 2%)
- 1/2 cup sugar
- 1/2 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2 eggs
- 2 teaspoon vanilla
- 4 tablespoons butter, melted
- 1/4 teaspoon cinnamon

**Nutritional Notes**

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