



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

Pumpkin Souffle

Dessert | 118 calories per serving

 10 servings  1 hour 15 minutes

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.

Nutritional Notes

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.



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