

CUSTARD

2 eggs
2 egg whites
1 can plain pumpkin puree (15 ounces)
1 can fat-free evaporated milk (12 ounces)
 $\frac{3}{4}$ cup packed brown sugar
1½ teaspoons pumpkin pie spice
1 teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon finely shredded orange peel
1½ cups frozen light whipped topping, thawed (12 ounces)

STREUSEL

$\frac{1}{3}$ cup pecans
 $\frac{1}{4}$ cup packed brown sugar
3 tablespoons wheat germ
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
2 tablespoons chilled light butter, shredded

TO MAKE THE CUSTARD: Preheat the oven to 350°F. Lightly coat twelve 6-ounce custard cups with nonstick spray.

In a medium bowl, beat the eggs and egg whites with a whisk. Stir in the pumpkin puree, milk, brown sugar, pumpkin pie spice, vanilla extract and orange peel. Mix until completely blended. Fold in the whipped topping.

Pour into the prepared custard cups. Place the cups in a shallow baking dish and pour 1" of water into the baking dish around the cups. Bake for 20 minutes, or until the sides of the custard start to set but the centers are still loose.

TO MAKE THE STREUSEL: Meanwhile, in a food processor or blender, combine the pecans, brown sugar, wheat germ, cinnamon, nutmeg and butter. Pulse until the mixture resembles coarse crumbs. Sprinkle over the custard. Bake for 10 to 15 minutes, or until a knife inserted near the center comes out clean. Cool on racks. When cool, cover with plastic wrap and chill for at least 3 hours before serving. Makes 12 servings.

Nutritional information per serving (12): calories 150; protein 5g; carbohydrates 22g; fat 5g; saturated fat 1g; cholesterol 39mg; sodium 71mg.

This recipe was taken from the More Healthy Homestyle Cooking Cookbook.

We hope you have a wonderful Christmas and Hanukkah season!

*Your Partners in Health,
Laura and Candace*