

**MAPLE PUMPKIN CUSTARD**  
(Adapted from AgainstAllGrain.com)

**Ingredients:**

- 1 15 oz can pumpkin puree (make sure pumpkin is the only ingredient) or homemade
- ½ cup coconut milk (canned)
- ½ cup maple syrup
- 4 eggs
- 1 tsp vanilla extract
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground clove
- ¼ tsp ground cardamom
- ½ tsp lemon zest
- Pinch of sea salt

**Instructions:**

1. Preheat oven to 350 degrees F.
2. Whisk all of the ingredients together in a bowl until smooth and there are no lumps visible.
3. Pour the filling into 4 hollowed out pumpkins (see below) or 4 ramekins, filling up to the top and dividing evenly into 4.
4. Place the filled pumpkins or ramekins on a rimmed baking sheet. Bake the custards for 25-30 minutes if using ramekins, or 40 -45 minutes if using pumpkins. They should jiggle slightly in the center when you remove them.
5. Cool to room temperature, then refrigerate for 1 hour prior to serving.
6. Serve with coconut milk whipped cream and pumpkin seed praline.

**Sugar Pie Pumpkins**

**Ingredients:**

- 4 5-6 inch Sugar Pie pumpkins
- 1 tbsp Earth Balance Margarine
- Dash of cinnamon and nutmeg
- 1 tbsp honey or maple syrup

**Instructions:**

1. Preheat oven to 350 degrees F.
2. Put pumpkins on a baking sheet and bake for 30 minutes. Remove from the oven and let cool a bit.
3. Hold on to the tip of the pumpkin stalk and slice off the top of each pumpkin using a sharp knife or electric knife. Scoop out the insides and discard them (or save the seeds for roasting). Save the top.

4. Melt Earth Balance Margarine and add cinnamon, nutmeg, and honey. Mix and brush the mixture onto the inside of the pumpkin.
5. You can now pour the custard in.

### PUMPKIN SEED PRALINE

#### Ingredients:

- 1 cup pumpkin seeds
- ¼ tsp Ancho chili powder or chili powder
- 1 cup (240 ml) maple syrup or honey
- 1 tbsp water
- 1 tsp lemon juice
- Candy thermometer

#### Instructions:

1. Prepare a baking sheet with a sheet of aluminum foil on top.
2. Toast pumpkin seeds on a frying pan with chili powder until they start popping. Pour and spread onto sheet of aluminum foil. Set aside to cool.
3. In a saucepan, bring maple syrup, water, and lemon juice to boil over medium heat. Lower the temperature and cook without stirring till the syrup reaches about 295 degrees F (145 degrees C) on a candy thermometer. This will take about 25 minutes depending on the size of the pan and the amount of heat. Caramel can burn easily toward the end of cooking, so watch it carefully.
4. When it reaches the temperature, pour the caramel evenly over the seeds. Be careful not to burn your fingers! Place in the freezer for 5-8 minutes or just let cook until hardened.
5. Chop into small pieces and keep in a dry container till used.

#### Ingredients for short cut method (if not worried about the sugar):

- 1 cup sunflower seeds
- 1 tsp chili powder
- 1 cup sugar
- 1/3 cup water

#### Short- cut Method Instructions:

1. Prepare a baking sheet with a sheet of aluminum foil on top.
2. Toast pumpkin seeds on a frying pan with chili powder until they start popping. Pour and spread onto sheet of aluminum foil. Set aside to cool.
3. In a saucepan, add sugar and water and cook under low-medium heat for about 15- 20 minutes or until it turns caramel color. Watch the syrup carefully as it can burn quickly. Do not stir but you can swirl the pan to catch the sugar crystals on the sides of the pan.
4. Immediately pour the hot caramel on the seeds being careful not to burn your finger. Using a silicone spatula, spread the caramel evenly over the seeds as thin as possible.
5. Let it cool until hardened.
6. Chop into small pieces and keep in a dry container till used.

## WHIPPED COCONUT CREAM

### Ingredients:

- 1 can full-fat coconut milk (*Wholefoods 365* organic coconut milk is the best)
- 1-2 tbsp maple syrup or honey
- ½ tsp vanilla extract

### Instructions:

1. Place a can of coconut milk in the refrigerator for 24 to 48 hours. Remove the can out of the refrigerator and flip it upside down. The hardened cream is now at the bottom of the can. Open the top of the can to pour the liquid coconut water out. You can save the coconut water to drink or to make into smoothie (it is full of minerals!).
2. Place the coconut cream in the mixing bowl and beat on high speed for 1-3 minutes till thick and voluminous. Turn the mixer down to low and add the maple syrup and vanilla. Turn the mixer back up to high speed and beat again till fluffy and thick. If the cream is too thick, you can add small amounts of the reserved coconut water and whip to desired consistency.