

Pumpkin, Coconut, & Maple Custard Cups



5 from 4 votes

This Paleo pumpkin and coconut custard is the perfect dessert for your Halloween and Thanksgiving parties! You can make them ahead, too!

Prep Time	Cook Time	Total Time
10 mins	45 mins	1 hr 55 mins

Course: Dessert Cuisine: American

Keyword: gluten-free, paleo, paleo dessert, Primal, Thanksgiving Servings: 10 servings

Calories: 160kcal Author: Michelle Tam

Ingredients

- 1 ¼ cup full-fat coconut milk
- 4 large eggs
- ½ cup grade A dark color maple syrup
- ¾ cup canned pumpkin purée I use Libby's
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- ¼ teaspoon Diamon Crystal brand kosher salt
- ½ cup toasted coconut flakes bake raw flakes in a single layer at 300 F for 3-5 minutes until golden brown

Instructions

1. Preheat the oven to 325°F with the rack in the middle. Boil a full kettle of water.
2. Get two 9" x 13" glass baking dishes and lay a small towel on the bottom of each one (the towel will keep the ramekins from slipping around).
3. Heat the coconut milk in a small saucepan over low heat until it's steaming but not boiling.
4. Crack the eggs into a large bowl, add the maple syrup, and whisk well.
5. Slowly add the warmed coconut milk to the egg and syrup mixture (a little bit at a time) and mix vigorously. (Don't be impatient and add the hot coconut milk all at once or you'll end up with scrambled eggs!).
6. Whisk in the pumpkin, spices, vanilla, and salt.
7. Divide the ramekins into the two towel-lined baking dishes (ten ramekins won't fit in one dish) and ladle in the mixture.
8. Pour boiling water into the baking dishes until it reaches halfway up the ramekins and carefully transfer them to the oven.
9. Bake custard cups for about 30 minutes. The custards are ready when a knife inserted into them comes out clean and they're still slightly jiggly in the middle.

10. Cool the custards on a wire rack until they're room temperature (about 1 hour) and top each one with a sprinkle of toasted coconut.
11. These custards taste great cold, too. Refrigerate the ramekins for up to four days and top with toasted coconut right before you devour them.

Notes

You can bake these custards in the oven or pop them in a SousVide Supreme (195°F for 60-90 minutes).

You can sub 1½ teaspoons Pumpkin Spice Blend in place of the cinnamon and nutmeg

Pro Tip: Make these custard cups up to 4 days ahead and store them tightly wrapped in your fridge. You can pop them out when company comes over!



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Nutrition

Calories: 160kcal | Carbohydrates: 14g | Protein: 3g | Fat: 11g | Fiber: 1g