



## BUTTERNUT PUDDING

Recipe from "Diabetes Meals by the Plate"

### INGREDIENTS

- 2½ cups butternut squash, steamed and mashed
- 1 14-ounce can coconut milk
- 4 eggs
- ½ cup pure maple syrup
- ½ teaspoon cinnamon

#### *Topping:*

Fresh whipped cream with a sprinkle of cinnamon or nutmeg



### INSTRUCTIONS

1. Preheat oven to 325°.
2. Using a hand or stand mixer, blend all ingredients until smooth.
3. Pour mixture into an 8-inch baking dish.
4. Place the baking dish into a large roasting pan. Place in the oven and pour water into the roasting pan until it is approximately 1" deep.
5. Bake about 1 hour or until pudding is set in the middle.
6. Top with whipped cream and cinnamon.

### Nutrition facts

Serving size: ½ cup

Calories: 200  
Carbohydrate: 21 g  
Total fat: 11 g  
Protein: 4 g  
Sodium: 60 mg

Serves 8.