

Decadent Pumpkin Dessert

Ingredients:

1 15oz can pumpkin
1 16oz container heavy cream
1/2 cup sugar
1/8 teaspoon pumpkin pie spice or cinnamon

2 tablespoons cold water
1 pkg unflavored powdered gelatin

Caramel sauce
Whipped cream

Instructions:

In heavy sauce pan, combine pumpkin, cream, sugar, and spice. Over medium heat, stir until almost boiling.

Combine water and gelatin in a separate small bowl, stir until mixed. Add gelatin to pumpkin mix in pan. Stir pan ingredients until gelatin is fully dissolved.

Pour into small cups or custard dishes. Chill until firm, about 4-5 hours.

Garnish with Caramel sauce and whipped cream.

Options:

For less decadent or different tastes: replace cream with lower fat milk, almond milk, coconut milk, or evaporated milk..

Sugar content can be lowered for less sweet version, or replace with sugar substitute. Sweetened condensed milk can be substituted in place of cream and sugar.

Add toppings as desired such as: chopped nuts, sprinkle of nutmeg, sprig of mint, etc.



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