



Pumpkin Panna Cotta

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Servings per recipe: 4.5

Serving size: 1 panna cotta

Protein per serving: 1.4 g

Calories per serving: 218

Ingredients:

- 30 g Butterscotch Pudding, Instant, dry mix only
- 1 tsp Cinnamon, ground
- 1/2 tsp Ginger, ground
- 1/8 tsp Nutmeg, ground
- 2 tsp Agar Agar Powder
- 13 1/2 fl.oz. Coconut Milk, canned
- 1/3 c Sugar, White Granulated
- 60 g Pumpkin, cooked & mashed or canned
- Optional: Coco Whip or Cool Whip –adjust protein if using

Directions:

1. Prepare five ramekins by lightly spraying with cooking spray.
2. Combine the dry ingredients into a small bowl and lightly mix together. Set aside.
3. In a medium saucepan add the coconut milk, pumpkin, and sugar. Whisk to combine. Put pan over medium heat and bring to scalding point, stirring frequently. Do not boil.
4. Once the pumpkin mixture is to the scalding point, slowly add the dry ingredients to the pumpkin mixture while whisking to prevent clumping. Continue to cook, whisking until thickened. Remove from heat and pour into prepared ramekins. Allow to cool for 30 minutes, then refrigerate until firm.
5. Optional: Top with Coco Whip or Cool Whip and sprinkle with cinnamon