LYONS THICK & EASY®

PUMPKIN CUSTARD



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LYONS HEALTH LABS™
Nourishment When You Need It Most®

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PUMPKIN CUSTARD

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INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
VITAL CUISINE® Instant Custard Mix | Item: 48167	1 ½ Tbsp	6 Tbsp	¾ cups	1 ½ cups
Water	1/4 cup	1 cup	2 cups	1 quart
Pumpkin, solid pack, canned	3 Tbsp	¾ cups	1½ cups	3 cups
Pumpkin pie spice	1/8 tsp	½ tsp	1 tsp	2 tsp

NUTRITION

Serving Size: ~ 1/2 cup

Calories: 70
Total Fat: 0g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 10mg
Sodium: 75mg
Total Carbs: 14g
Dietary Fiber: 1g
Total Sugars: 12g
Added Sugars: 8g
Protein: 3g
Vitamin D: 0% DV
Calcium: 6% DV
Iron: 4% DV
Potassium: 2% DV

DIRECTIONS

1. Heat water to a boil.
2. Add **VITAL CUISINE® Instant Custard Mix** and stir with wire whisk until dissolved.
3. Add pumpkin and pie spice and stir until thoroughly combined.
4. Immediately portion into custard cups or shallow pan.
5. Refrigerate for 2 hours or until firm.
6. Garnish, as desired.

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