

OCTOBER 2018

Pumpkin Pie Custard

Instead of pumpkin pie, try this flavorful light holiday dessert. It makes a great treat for a family party!

Prep Time: 20 minutes
Bake Time: 40 minutes
Yield: 10 servings

Ingredients

- 1 can (15 oz.) canned pumpkin
- 1 can (12 oz.) fat-free evaporated milk
- 8 large egg whites
- ½ c. fat-free milk
- ¾ c. sugar
- ¼ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- ¼ tsp. ground nutmeg
- sweetened whipped cream and additional cinnamon, optional



Directions

1. Preheat oven to 350°F. Place ten 6-oz. ramekins or custard cups coated with cooking spray in a 15x10x1-in. baking pan.
2. In a large bowl, beat first four ingredients until smooth. Add sugar, salt, and spices; mix well. Divide among ramekins.
3. Bake until a knife inserted in the center comes out clean, 40–45 minutes. Cool on a wire rack; serve or refrigerate within 2 hours. If desired, top with whipped cream and sprinkle with cinnamon.

Nutritional Facts (1 serving)

120 calories, 0 fat (0 saturated fat), 2 mg. cholesterol, 151 mg. sodium, 24 g. carbohydrate (21 g. sugars, 2 g. fiber), 7 g. protein

www.tasteofhome.com/recipes/pumpkin-pie-custard

6 Reasons Why October Is the Best Month

Sip On Your Pumpkin Spice Latte and Enjoy!

As fall is approaching, it's hard not to think about how October has to be the best month of the year. There are so many feel-good qualities about it that makes it stand out from the rest. Obviously, everyone likes December because of Christmas and the summer months because, well, who doesn't like summer? But October just has something different about it—here are a few reasons:

1. **It's pretty:** The leaves are turning into beautiful shades of red, gold, and orange. There's no snow on the ground yet to turn into muddy slush on the streets. Driving down a road lined with colorful trees is a reminder of just how beautiful nature can be.
2. **Kick-off to the holiday season:** October is the kick-off to the rest of the year. After October, we still have Thanksgiving, Christmas, and New Years to look forward to. It is just the beginning of all the excitement that comes with the rest of the calendar year.
3. **Football:** Whether you're cheering on your high school team on a Friday, tailgating at a college game on a Saturday, or snuggling up on the couch with a bowl of chili and your favorite NFL team on a Sunday, everyone loves a little football season.
4. **Pumpkins:** Pumpkin everything and everywhere! Between pumpkin decorations, carving pumpkins, pumpkin spice lattes, pumpkin-flavored ice cream, and pumpkin-scented candles, it's impossible to get enough pumpkin in October.
5. **Fall clothes:** Are you ready for those cute fall outfits? After all, it gets old dripping sweat every day during the summer. October is the time to pull out your boots, scarves, jeans, oversized sweaters, jackets, flannels, and cozy knit socks.
6. **Halloween:** Halloween is all things fun—fake blood and cobweb decorations, classic horror movies, candy, costumes, haunted houses, and so much more. The more you put into Halloween, the more you get out of it. And you're never too old or too cool to dress up as something that you're not and have a little fun.

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“Autumn is a second spring when every leaf is a flower.”

—Albert Camus

