

Paleo Pumpkin Sweet Potato Custard Recipe: Dairy-Free & Egg-Free

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Serves: 5

Ingredients

- ¾ cup (185 g) pumpkin puree
- ¾ cup (185 g) sweet potato puree
- 1 tbsp (15 mL) raw honey, optional
- 1 tsp (3 g) cinnamon
- ½ tsp (3 mL) vanilla extract
- ¼ tsp nutmeg
- ⅛ tsp cloves
- ⅛ tsp ginger
- ½ cup (118 mL) full-fat coconut milk
- 1 tbsp (7 g) grass-fed gelatin

Instructions

1. Gather five small jelly jars or ramekins, about ¼ cup in capacity. You can make these as large or small as you'd like, so use what you have on hand.
2. In a medium bowl, whisk the pumpkin, sweet potato, honey (optional if you're limiting sugar, though this recipe isn't very sweet), cinnamon, vanilla, nutmeg, cloves, and ginger until they're well combined. Set aside.
3. In a small pot, heat the coconut milk on medium-high heat until it's warmed through but not boiling. Turn off the heat. Slowly add the gelatin while whisking constantly. Make sure it's dissolved and there are no lumps.
4. Now, slowly whisk the coconut milk / gelatin into the pumpkin and sweet potato mixture until well combined. Pour the mixture into the jelly jars or ramekins.
5. Refrigerate at least 2 hours or until firm. Store covered. Top with coconut whipped cream if you're feeling sassy!

Notes

Equipment Needed:

[Jelly Jar](#)

[Small bowl](#)

[Small Pot](#)

Recipe by Stupid Easy Paleo at <https://stupideasypaleo.com/2014/11/29/paleo-pumpkin-sweet-potato-custard-recipe-dairy-free-egg-free/>