



PUMPKIN POPOVERS

Advanced Lifestyle

INGREDIENTS

1 cup lite (2%) milk
2 eggs
¼ cup pumpkin puree
1 TBS vegetable oil
1 cup all-purpose flour
1 TBS brown sugar
½ TSP pumpkin pie spice
½ TSP salt

INSTRUCTIONS

—Preheat oven to 350°. Butter 4 custard dishes or muffin cups.

—Beat milk and eggs together in a bowl using an electric mixer until smooth; mix in pumpkin and oil. Beat flour, brown sugar, pumpkin pie spice, and salt into pumpkin mixture until batter is smooth. Pour batter into the prepared custard cups, filling each halfway.

—Bake in the preheated oven until tops are lightly browned, 20 to 25 minutes.

SERVING INFO: (Yields 6 servings):

1 popover = 1 G