



PUMPKIN MOCHA SWIRL CUSTARD

Collagen-Rich / Gluten-Free / Low Carb / Single-Serve

Recipe by Debbie (@debsnourishedkitchen) and
Featured on MariGoldFoods.com

INGREDIENTS:

- 1 small egg yolk
- 3 Tbsp pumpkin purée
- 1 Tbsp brown sweetener
- 1½ tsp MariGold Unflavored Collagen Peptides
- 2 Tbsp Cornmilk
- ¼ tsp pumpkin pie spice
- Pinch of salt
- 1 Tbsp sugar-free dark chocolate chips
- ¼ tsp instant espresso powder

DIRECTIONS

1. Preheat oven to 350°F (175°C). Lightly grease a 6 oz ramekin.
2. In a small bowl, whisk together pumpkin purée, milk, sweetener, egg yolk, collagen, pumpkin pie spice, and salt until smooth and well combined.
3. In a separate heat-safe bowl, melt the chocolate chips until smooth (microwave in 10–15 second bursts). Stir in espresso powder.
4. Take 2 teaspoons of the pumpkin custard mixture and stir it into the melted chocolate until blended. This is your swirl mixture.
5. Pour the remaining pumpkin custard into the ramekin. Dollop the chocolate mixture on top and gently swirl with a toothpick.
6. Place the ramekin in a small baking dish, pour hot water around it to reach halfway up the sides (water bath), and bake for 35-40 minutes, until edges are set but the center still jiggles slightly.
7. Cool before serving. Enjoy warm or chilled, topped with whipped cream.



Featuring MariGold
Grass-fed Unflavored
Collagen Peptides
(MariGoldFoods.com)

