

Butternut Squash and Sweet Potato Custard



Ingredients:

6 eggs
2 whole sweet potatoes
1 butternut squash, cut in half lengthwise and seeded
1 cup heavy cream
1 cup milk
1/2 cup dark brown sugar
1 teaspoon kosher salt
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon

Directions:

- 1) Preheat your oven to 375 degrees. Place the squash cut side down, and the whole sweet potatoes on a foil-lined baking sheet. Bake for one hour or until the vegetables are tender when pierced with a fork.
- 2) Remove the vegetables from the oven, flip the squash over and cut the sweet potatoes in half. Allow time to cool.
- 3) Reduce the oven temperature to 350 degrees, spray 6 ramekins with cooking spray and place them in a roasting pan.
- 4) Scoop the cooled squash and sweet potato from their skins and transfer 1 1/2 cups of each into a food processor. Process until smooth.
- 5) Pour the pureed vegetables into a large mixing bowl and add the eggs, sugar, cream, milk, and seasonings. Blend the ingredients together with a hand mixer until combined.
- 6) Using a soup ladle, fill each ramekin to about a half-inch from the top.
- 7) Fill the bottom of the roasting pan with hot water up to a half-inch from the top of the ramekins.
- 8) Place the pan in the oven for 45 minutes to 1 hour until the custard is firm to the touch. Remove the pan from the oven and serve the custard hot.