

# Pumpkin Pudding

Creamy homemade pumpkin pudding recipe perfect for fall. Easy 15-minute dessert with warm spices, gluten-free and customizable for vegan diets.

10	5	15	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Pumpkin Pudding

## Ingredients

- 1 tbsp honey
- 2 tbsp heavy cream
- 3 tbsp cocoa powder
- 1 cup almond

## Instructions

- 1 Prepare the spiced cream base**

Pour 1 cup heavy cream into a medium saucepan and heat over medium-low heat until small bubbles form around the edges, about 3-4 minutes. Whisk in 1 tablespoon pumpkin pie spice and continue heating for 2 minutes more to infuse the flavors, stirring occasionally.
- 2 Blend the pumpkin mixture**

Add 2 tablespoons pumpkin puree to a blender or food processor. With the motor running, slowly pour the warm spiced cream through the feed tube in a steady stream. Blend on high speed for 30 seconds until completely smooth and well combined.
- 3 Sweeten the pudding**

Add 3 tablespoons honey to the blender and pulse 3-4 times to incorporate. Taste and add more honey if desired, then blend for another 15 seconds until fully mixed.
- 4 Strain for smoothness**

Pour the pudding mixture through a fine-mesh sieve into a bowl, pressing any lumps through with the back of a spoon. Discard any remaining solids.
- 5 Chill and serve**

Divide the pudding evenly among 4 serving bowls and cover each tightly with plastic wrap, pressing the wrap directly onto the surface to prevent a skin from forming. Refrigerate for at least 2 hours until completely chilled and set before serving.

## Tips

Use sugar pie pumpkins or butternut squash for the best flavor when making fresh puree, as they're sweeter and less watery than carving pumpkins.

Strain canned pumpkin puree through a fine-mesh sieve if it seems watery to ensure a thick, creamy final texture.

Toast your spices in a dry pan for 30 seconds before adding them to intensify their flavors and create more aromatic depth.

Temper your cream by adding it slowly to prevent curdling when combining hot and cold ingredients.

Whisk continuously while cooking to prevent lumps and ensure a silky smooth texture throughout.

Taste and adjust sweetness gradually, as pumpkin's natural sweetness can vary significantly between varieties and brands.

Chill serving bowls in the refrigerator beforehand to help the pudding set more quickly and maintain its shape when served.

Press plastic wrap directly onto the pudding's surface while cooling to prevent a skin from forming on top.