**Pumpkin Egg custard**

Serves 4

* 200 grams diced pumpkin
* 2 beaten eggs
* 150ml semi skimmed milk
* 50 grams soft brown sugar
* 1tsp ground cinnamon
* ½ tsp ground ginger

1. Preheat oven 150/300/gas 4, grease 4 ramekins with low cal oil spray
2. Put pumpkin into a saucepan with 100ml water cook over a low heat until soft adding a little more water if needed,
3. Allow to cool then whizz in a food processor until blend until smooth
4. Add rest of ingredients and mix well
5. Share mixture between the 4 ramekins and place into a Bain Marie
6. Cook for 35mins until set
7. Cool then refrigerate, serve with Greek yoghurt