



QUICK, EASY & DELICIOUS

PUMPKIN SPICE HERBAL CUSTARD

SUGAR
FREE

♥ SUGAR FREE ♥

Wholesome • Herbal
Naturally Sweet ♥

A creamy, comforting custard infused with pumpkin spice and gentle herbal goodness—perfect for a cozy, guilt-free treat!



INGREDIENTS

- ♥ 2 cups unsweetened almond milk (or milk of choice)
- ♥ 1/2 cup canned pumpkin (unsweetened)
- ♥ 3 large egg yolks
- ♥ 2 tbsp coconut milk (optional for extra creaminess)
- ♥ 1–2 tbsp monk fruit sweetener or sweetener of choice (to taste)
- ♥ 1 tsp vanilla extract
- ♥ 1 tsp pumpkin pie spice
- ♥ 1/4 tsp ground cinnamon
- ♥ 1/4 tsp ground ginger
- ♥ Pinch of sea salt
- ♥ 1 tsp lemon balm tea (cooled) or 1/4 tsp dried lemon balm
- ♥ **Optional Garnish:** Whipped cream (unsweetened), a sprinkle of cinnamon, or chopped pecans

INSTRUCTIONS

- 1 In a medium saucepan, whisk together almond milk, pumpkin, egg yolks, sweetener, vanilla, pumpkin pie spice, cinnamon, ginger, salt, and cooled lemon balm tea.
- 2 Cook over medium-low heat, stirring constantly with a whisk, until the mixture thickens and coats the back of a spoon (about 8–10 minutes). Do not boil.
- 3 Remove from heat and stir in coconut milk, if using.
- 4 Strain for extra smoothness (optional).
- 5 Pour into 4 small cups or ramekins. Let cool, then refrigerate for at least 2 hours to set.
- 6 Garnish as desired and enjoy!

VARIATIONS

- ♥ Use chamomile tea instead of lemon balm for a calming twist.
- ♥ Add a pinch of nutmeg for extra warmth.
- ♥ Top with toasted pecans or pumpkin seeds for crunch.

HERBAL BENEFITS



PUMPKIN

Rich in beta-carotene and fiber; supports immunity and eye health.



GINGER

Aids digestion, reduces inflammation, and adds a warming, soothing effect.



CINNAMON

Helps support healthy blood sugar levels and adds antioxidant benefits.



LEMON BALM

Calming and uplifting; supports relaxation and digestive comfort.



EGG YOLKS

High in protein and healthy fats; supports brain and hormone health.

Sweetener Tip ♥

These recipes are sugar-free and can be sweetened with your preferred sugar-free sweetener, such as stevia, monk fruit, erythritol, or allulose. Adjust to suit your taste and follow the manufacturer's conversion guidelines.



PREP TIME



10 min

COOK TIME



10 min

CHILL TIME



2+ hours

SERVINGS



4 cups

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