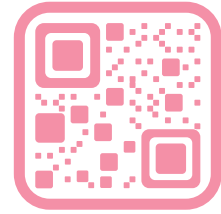




# PUMPKIN SPICE HARD BOILED EGG PUDDING



*Scan the above QR code to be taken to the recipe webpage*

## INGREDIENTS (Serves 3)

- 5 large hard boiled eggs, peeled and cooled
- 1/3 cup pumpkin puree (NOT pumpkin pie filling)
- 1/4 cup pure maple syrup
- 1 tablespoon milk (dairy or non-dairy)
- 2 teaspoons vanilla extract
- 1.5 teaspoons pumpkin pie spice

## INSTRUCTIONS

### STEP 1: PERFECT HARD BOILED EGGS

Stovetop Method:

1. Place eggs in pot, cover with water, bring to rolling boil
2. Boil for exactly 2 minutes, then turn off heat
3. Cover pot and let eggs sit for 15 minutes
4. Transfer immediately to ice water for 30 minutes
5. Remove shells completely

Instant Pot Method (*my preferred method*)

1. Place trivet in Instant Pot, add 1 cup water, place eggs on trivet
2. High pressure for 6 minutes
3. Manually vent immediately when done
4. Transfer immediately to ice water for 30 minutes
5. Remove shells completely

### STEP 2: BLEND THE PUDDING

1. Add all ingredients to blender
2. Blend until smooth and desired consistency (usually about 1 minute)
3. Scrape down sides if needed during blending
4. Add extra milk 1 teaspoon at a time if needed
5. Taste and adjust sweetener or spices as desired

### STEP 3: CHILL AND SERVE

1. Pour into individual containers
2. Cover tightly to prevent skin forming

3. Refrigerate for at least 5 hours, preferably overnight
4. The egg taste completely disappears after chilling!

#### STORAGE

- Refrigerate covered for up to 5 days
- Freeze in popsicle molds for protein treats

#### NUTRITION (Per Serving)

Calories: 201

Protein: 10.4g

Carbs: 20.5g

Fat: 8.5g

Fiber: 0.3g