



# Paleo Pumpkin Crumbles

A creamy pumpkin treat full of warm spices that's Paleo-friendly too? That's something to be thankful for. Recipe created by K.C. Cornwell of [G-Free Foodie](#), Photo by James Collier.

**Yield:** 6 servings

## Ingredients

For the pumpkin filling:

- 1 (15 oz) can pure pumpkin
- ½ cup coconut cream
- 3 eggs
- 2/3 cup maple syrup
- 1 tsp vanilla bean paste or extract
- ½ tsp sea salt
- 1 tsp cinnamon
- ½ ground nutmeg
- ¼ tsp ground ginger
- ¼ tsp ground clove
- ¼ tsp ground cardamom

For the crumble topping:

- 2/3 cup [Pamela's Tigernut Flour](#)
- 1 TBSP arrowroot starch
- 1 TBSP maple syrup
- ¼ tsp cinnamon
- Pinch of sea salt
- 2 TBSP melted butter or coconut oil

## Directions

Preheat oven to 350 degrees.

Place six 8-ounce ramekins on a cookie sheet.

In a small bowl, combine all the topping ingredients until thoroughly mixed and crumbly. Set aside.

Blend all of the pumpkin filling ingredients together using a standing mixer or hand mixer. Ladle the custard into the ramekins evenly, filling them almost to the top. Spoon the topping mixture onto the top of each full ramekin.

Bake for 35-40 minutes until the edges look cooked but the centers still jiggle a bit. Allow to cool for at least 20 minutes before serving. Serve warm or at room temperature.