**Squash Flan Recipe (Serves 6)**

Here's an easier, low-fat version of pumpkin pie. If you feel the need for whipped cream, whip up some ginger cream just before serving (see recipe below).

1 medium-large butternut squash  
3/4 cup skim or low-fat milk  
1/3 cup maple syrup  
1 tbsp brown sugar  
2 large eggs  
1 tsp vanilla  
1 tsp cinnamon  
1/2 tsp ground ginger  
A pinch of nutmeg  
Additional maple syrup for topping

If you want individual flans, which make a charming presentation, you will need 6 4-oz custard cups. Otherwise, larger custard cups will also work. Preheat oven to 375 degrees. Cut the squash in half lengthwise and scrape out the seeds with a spoon. Place the squash cut-side down on an oiled, foil-lined baking sheet. Bake for 45-60 minutes until the squash is tender.  
  
Meanwhile, put the rest of the ingredients in a blender. Remove the squash and let it cool slightly before scraping the pulp from the skin.  
  
Place the custard cups in a 9-by-13-inch baking pan and fill the pan with enough hot water to reach half an inch up the sides of the custard cups. Put 3/4 cup of squash in the blender with the rest of the ingredients and puree until smooth. Pour into the custard cups, then put the pan in the middle of the oven and bake for about 80 minutes.  
  
Insert the tip of a knife into a flan's center to make sure it's the consistency of pumpkin pie. If there's liquid in the center, return to the oven. When the flans are done, remove the cups from the water with a spatula and place them on a cooling rack. While they're still warm, drizzle a teaspoon of maple syrup on the top of each flan. When the cups have cooled down, refrigerate for a few hours until thoroughly cooled. Serve plain or topped with a dollop of ginger cream.

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