

## PUMPKIN AND CORN DESSERT

### Ingredients

- 1 small pumpkin
- 2 ears corn, cut from cob
- 1/2 cup whole wheat flour maple syrup

### Directions

Peel, seed and slice pumpkin. Cover with water and simmer until tender.

Place corn kernels in pie tin in 350-degree oven; bake for 15 minutes.

Add corn to pumpkin. Add flour, stirring constantly over low heat until mixture thickens. Add Maple syrup to taste Serve hot.