

Pumpkin Flan with Apple Walnut Syrup

Pumpkin Flan

One can (sixteen ounces) pumpkin
One cup evaporated skim milk
One cup fat-free egg substitute
One-half cup maple syrup

Apple Walnut Syrup

Two medium apples, peeled, cored and chopped
One-half cup maple syrup
Two tablespoons walnuts, roasted and chopped

1. **To make the pumpkin flan:** In a large bowl, combine the pumpkin, milk, eggs and maple syrup. Mix until blended. Coat a nine-inch round microwave-safe cake pan with no-stick spray. Pour the mixture into the prepared pan. Microwave on high for twenty minutes, turning every five minutes, until set.
2. **To make the apple walnut syrup:** Place the apples, maple syrup and walnuts in a medium microwave-safe bowl. Microwave on high for ten minutes.
3. To serve, slice the flan into wedges and top with the warm apple walnut syrup. Makes eight servings.

Chef's note: If you don't have a microwave oven, bake the flan at 350°F for forty minutes, or until the centre is set. To make the sauce, combine the apples, maple syrup and walnuts in a medium saucepan. Cook the mixture over medium heat for twenty minutes, or until the apples are soft.

Nutrition Facts Per Serving

Calories 187 Fat 1.4 g Cholesterol 1 mg Sodium 85 mg

Adapted from: Apples for Health

<http://www.applesforhealth.com/pumfwal2.htm>