

# Harvest Jonnycake Recipe

By Silvermoon LaRose

## Ingredients:

- 1 box Flint Cornmeal (finely ground preferred)
- 1 can pureed pumpkin (or squash)
- 1-1.5 cups Cranberries (fresh or dried)
- .5-1 cup Sunflower Seeds (or other nuts of your preference)
- Boiling Water (to consistency)
- Maple Syrup (to taste, optional)
- Salt to taste (to taste, optional but recommended)
- Sunflower oil (for frying)

Bring pot of water to boil. While waiting, mix pureed pumpkin with cornmeal until well mixed and crumbly. Pour in boiling water a little at a time and stir until smooth, but not wet, consistency. Add salt and maple syrup to preferred taste (mixture should taste flavorful to you at this point). Add cranberries and stir. Add sunflower seeds and mix well (toasting sunflower seeds first enhances flavor). Fry spoonfuls of mixture in sunflower oil. Cook till golden brown on each side. Dry on paper towel. Enjoy.

## Variations:

- Instead of adding cranberries to mixture, make a cranberry maple syrup. Pour fresh cranberries into pot. Add just a little water, enough to coat the bottom. Bring to boil till cranberries pop and release juice. Add maple syrup. Cook on mid-low heat until moisture evaporates and leave syrupy consistency. Use cranberry syrup over Harvest Jonnycakes.