



pumpkin pie oatmeal

What's the perfect way to start your day? With pie, of course, as in this healthy and hearty Pumpkin Pie Oatmeal recipe.

SERVES: 2



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ingredients

1 cup rolled oats
1 cup water
1/2 cup canned pumpkin puree
1/2 tsp cinnamon
1/4 tsp pumpkin pie spice
Pinch kosher salt
1/2 tsp vanilla extract

Topping Options

Maple syrup
Brown sugar
Toasted pumpkin seeds
Toasted pecans
Shredded coconut

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directions

1. In a small saucepan, combine oats, water, pumpkin, cinnamon, pumpkin pie spice and salt. Cook over medium heat, bring to a simmer and stir. Once mixture begins to thicken, turn heat to low and continue cooking until oats are tender. Remove from heat and stir in vanilla. Top as desired.

“As a kid, I got three meals a day. Oatmeal, miss-a-meal and no meal.”

— M R . T

