

Autumn Apple & Pumpkin Oatmeal

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 1 cup skim milk + extra ¼ cup
- ½ cup oatmeal, quick-cooking style
- 1/3 cup canned 100% pumpkin puree (not pumpkin pie filling)
- ½ cup diced, peeled apples (such as honeycrisp or fuji)
- ½ teaspoon pumpkin pie spice
- ½ teaspoon cinnamon
- Pinch of salt (optional)
- 1 teaspoon vanilla extract
- 1 ½ tablespoons 100% maple syrup or brown sugar
- ½ tablespoon ground flaxseed (optional)
- 2 tablespoons chopped walnuts, (optional)



Autumn Apple & Pumpkin Oatmeal

Directions:

1. In a medium-sized pot combine 1 cup milk and oatmeal and bring to a boil.
2. Add the pumpkin puree, diced apples, pumpkin pie spice, cinnamon, salt (if using), vanilla extract and maple syrup (or brown sugar) and reduce heat to a low simmer.
3. Cook for about 3 minutes or until milk is absorbed and oats are soft and creamy.
4. Remove from heat and stir in the ground flaxseed, and chopped walnuts if using as well as extra milk to make for a creamy consistency.

Nutrition Facts (per serving):

Calories: 260 Protein: 10gm Total Carbohydrates: 41gm
Fiber: 6gm Total Fat: 7.5gm Cholesterol: 3mg Sodium: 68mg