



Pumpkin Spice Oatmeal

Ingredients

- 1 cup rolled oats
- 3 cups water or milk
- 1/2 cup canned pumpkin
- 2 tsp ground pumpkin spice
- 1-2 TBSP maple syrup
- 1/2-1 tsp vanilla extract
- Pinch of salt

Directions:

1. Add all ingredients to a large pot; Stir to combine
2. Bring to a boil and then reduce to a simmer
3. Simmer for about 15 min, stirring occasionally until oats are cooked and mixture has thickened
4. Optional: Add toppings such as chopped nuts, seeds, fresh or frozen fruit, berries, or nut butter!
5. Serve in bowls and enjoy!

Cookware needed:

Large pot
Whisk or large spoon
Serving bowls

Cost: \$ \$

Ease: 

Health Benefit: Pumpkin is a great source of vitamin A for skin and eye health. Oats are a whole grain that have fiber to promote bowel health. Maple syrup is a natural sweetener with antioxidants.

Fare  Meals
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