**Pumpkin Spice Oatmeal**

**Prep time:** 5 minutes  |  **Cooking time:** 15 minutes  |  **Number of servings:** 4

4 cups 1% milk or water  
2 cups old-fashioned oats  
1 (16-ounce) can pumpkin puree  
⅛ cup brown sugar  
2 teaspoons pumpkin pie spice  
¼ teaspoon salt  
Optional: ½ cup raisins

**Directions**

1. In a 2 quart pan, add cold milk or water, oats, pumpkin, salt, spices, and raisins (if desired).

2. Bring to a boil over medium high heat; cover, turn heat down to simmer. Cook about 10 minutes. Take off heat and leave in pan for 5 more minutes.

3. Serve hot. Oatmeal stores well in refrigerator, so it can be made once and eaten as "planned overs" for easy work week breakfasts in 2 minutes!

**Food Sense Tips**

- Cooking grains in 1% milk results in a creamy texture and increases the protein and calcium of the dish. Make sure to put the grains in cold milk before starting to heat.
- Try topping your oatmeal with chopped nuts or lite maple syrup. Add milk if using water to cook oats.

**Nutrition Facts** made with 1% milk (Serving size xx cups):  
- Calories: 340  
- Protein: 15g  
- Carbohydrate: 60g  
- Total Fat: 6g  
- Saturated Fat: 2g  
- Cholesterol: 10mg  
- Fiber: 9g  
- Sodium: 260mg  
- Vitamin C: 2%  
- Vitamin A: 280%  
- Iron: 15%  
- Calcium: 15%

Fuel Up with Breakfast!

Get your day going with a nutritious breakfast! People who eat breakfast control their weight better, feel better, and eat less later in the day.

Five "Quick Start" Ideas

- Apples, cheese, and whole grain crackers
- Peanut butter on whole grain toast with banana slices
- Scrambled eggs with salsa wrapped in a tortilla
- Low-fat yogurt over chopped fruit and whole grain ready-to-eat cereal
- Leftover pizza can be a great breakfast food...just add a glass of milk or 100% juice!