

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
- ¼ cup brown sugar
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon salt

Optional ⅓ cup raisins

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.

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!



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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%
Adapted from <http://budgetbytes.blogspot.com/2009/10/pumpkin-spice-oatmeal-375-recipe-075.html>

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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!

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