

Pumpkin Spice Oatmeal

PERFECT FOR KICKING OFF YOUR MORNING IN THE FALL
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PUMPKIN SPICE OATMEAL RECIPE

Makes 4 servings

1 cup unsweetened pumpkin puree (not pumpkin pie filling)

2 cups old-fashioned rolled oats

4 cups low-fat milk or low-fat vanilla soy milk

1 teaspoon ground cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon ground cloves

Pinch of salt

1/4 cup chopped pecans or walnuts, divided

Combine the pumpkin, oats and milk in a large saucepan and bring to a boil. Add the cinnamon, nutmeg and ground cloves. Reduce heat to low and simmer for about 5 minutes, stirring occasionally, until mixture reaches desired thickness. Remove from heat and divide into 4 individual serving bowls. Top each serving with nuts. Enjoy the healthy taste of fall!