

# Pumpkin Pie Oatmeal

#cooking/recipe

#cooking/30 Minutes or Less#

#2019/March#

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## Pumpkin Pie Oatmeal

### Ingredients

1 cup old-fashioned rolled oats

1 3/4 cups almond milk

1/4 cup pumpkin puree

1/2 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/2 cup chopped pecans

1/4 cup maple syrup

### Process

Combine oats and milk in a small saucepan over medium heat.

Bring to a boil; reduce heat and simmer, stirring occasionally, until desired consistency is reached, about 3-5 minutes. Stir in pumpkin, vanilla, cinnamon and nutmeg until heated through, about 1 minute.

Serve immediately, garnished with pecans and maple syrup, if desired.

### Notes

Consider halving the ingredients when making for two people.

### Nutrition

**Servings: 4 bowls**

Calories: 150cal

Fat: 3.5g

Carbs: 22.1g

Protein: 1.9g