

Pumpkin Pie Oatmeal

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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