

# Pumpkin Oatmeal

6 ingredients · 10 minutes · 1 serving



## Directions

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1. In a small pot, bring the water and oats to a boil.
2. Reduce the heat to a simmer, stir in the pumpkin and maple syrup, and cover. Cook for three to five minutes or until the oats have absorbed the water and the oatmeal thickens.
3. Top the oatmeal with pumpkin spice and pumpkin seeds. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate leftovers in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 1/2 cups of oatmeal.

### Additional Toppings

Yogurt, hemp seeds, pear, and/or dried cranberries.

## Ingredients

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- 1 cup Water
- 1/2 cup Quick Oats
- 1/2 cup Pureed Pumpkin
- 2 tsps Maple Syrup
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Pumpkin Seeds