

PUMPKIN PIE OATMEAL

Yield: 4 Servings **Prep Time:** 5 Minutes **Cook Time:** 5 Minutes **Total Time:** 10 Minutes

INGREDIENTS:

- 1 cup old-fashioned oats
- 1 $\frac{3}{4}$ cups milk
- $\frac{1}{4}$ cup pumpkin puree
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon pumpkin spice
- $\frac{1}{2}$ cup chopped pecans (optional)
- 4 tablespoons Honey

DIRECTIONS:

1. Combine oats and milk in a small saucepan over medium heat.
2. Bring to a boil; reduce heat and simmer, stirring occasionally, until desired consistency is reached, about 3-5 minutes. Stir in pumpkin, vanilla, until heated through, about 1 minute.
3. Serve immediately, garnished with pecans and maple syrup, if desired.

Topping options:

- 1 tablespoon of pecans, chopped
 - 1 tablespoon of peanut butter
 - 1 tablespoon cranberries
 - 1 tablespoon raisins
 - 1 tablespoon pumpkin seeds
 - 1 tablespoon dark chocolate chip
 - 1 tablespoon Almonds
 - 1 tablespoon dried coconut
- Use fresh fruit like pear, banana, blueberries, or apple

PUMPKIN PIE REFRIGERATOR OATMEAL

Yield: 1 Servings **Prep Time:** 5 Minutes **Cook Time:** 8 Hours **Total Time:** 8 Hours 5 Mins

INGREDIENTS:

- ¼ cup old-fashioned oats
- ½ cup plain nonfat Greek yogurt
- ¼ cup pumpkin puree
- ¼ tsp pumpkin spice
- ¼ teaspoon vanilla extract
- 1 Tbsp of honey
- 1 Tbsp chopped walnuts (optional)

DIRECTIONS:

1. Add the greek yogurt and old-fashioned oats to a mason jar or other lidded container.
2. Add vanilla, honey, pumpkin puree and pumpkin spice to the oats.
3. If you would like, add chopped walnuts.
4. Stir until completely mixed, seal the container and refrigerate for 6-8 hours. Serve cold.

Topping options:

- 1 tablespoon of pecans, chopped
 - 1 tablespoon of peanut butter
 - 1 tablespoon cranberries
 - 1 tablespoon raisins
 - 1 tablespoon pumpkin seeds
 - 1 tablespoon dark chocolate chip
 - 1 tablespoon Almonds
 - 1 tablespoon dried coconut
- Use fresh fruit like pear, banana, blueberries or apple