

# Pumpkin Oatmeal

<u>Code</u>
\$, Q, V, RH

## Ingredients Needed:

- 1/2 cup quick cooking rolled oats
- 1/4 cup & 2 Tbsp skim milk
- 1/4 cup canned pumpkin puree
- 1/2 tsp cinnamon
- 1/2 tsp sugar
- 1/4 tsp nutmeg or ginger



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	222
Total Fat	3 g
Sat Fat	< 1 g
Sodium	137 mg
Added Sugar	3 g
Fiber	7 g
Vitamin A	76% DV
Vitamin K	12% DV
Calcium	16% DV
Iron	17% DV

## Recipe Directions:

- Mix together oats and milk in a microwave-safe bowl.
- Cook on high for one to two minutes, stirring once.
- Add more milk or oats to achieve the desired consistency and then cook for an additional 30 seconds.
- Stir in pumpkin puree, cinnamon, sugar and any other additional spices.
- Microwave for another 15 seconds and enjoy!