



Protein Pumpkin Oatmeal

1 serving

10 minutes

Ingredients

- 1/2 cup Oats (rolled)
- 1/4 cup Pureed Pumpkin
- 3/4 cup Water
- 1/4 cup Unsweetened Almond Milk
- 2 tbsps Vanilla Protein Powder
- 1/2 tsp Pumpkin Pie Spice
- 1 tbsp Maple Syrup
- 2 tbsps Pecans (chopped)

Directions

- 1 Heat a small saucepan over medium heat and add the oats, pumpkin, water, milk, protein powder, and pumpkin pie spice. Cook, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about five minutes.
- 2 Add the oatmeal to a bowl and top with maple syrup and pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with a splash of water or milk or eat cold.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Additional Toppings: Top with sliced (cooked) pear or apple.