

BAKED PUMPKIN OATMEAL

Can't wait until Thanksgiving for pumpkin pie? This easy-to-make breakfast will satisfy all your pie cravings in the form of a nutrient-packed breakfast that will last you all week!

Makes 6 Servings

Ingredients

- 1 15 oz can **pumpkin purée**
- 1/4 cup **brown sugar**
- 2 large **eggs**
- 1/4 tablespoon **pumpkin pie spice** (cinnamon works as well)
- 1/2 teaspoon **salt**
- 3/4 teaspoon **baking powder**
- 1/2 teaspoon **vanilla extract**
- 1 1/2 cups unsweetened **milk** (cow or plant-based)
- 2 1/2 cups dry **old-fashioned oats**



Instructions

1. Preheat the oven to 375 degrees. In a large bowl, whisk together the pumpkin purée, brown sugar, eggs, vanilla, pumpkin pie spice, salt, and baking powder until smooth. Whisk in the milk.
2. Mix the dry oats into the pumpkin mixture. Coat a baking dish (8x8 or similar) with non-stick spray. Pour in the pumpkin oat mixture.
3. Bake in the oven for 45 minutes, or until the center no longer looks wet and the edges are lightly golden brown.
4. Serve hot right out of the oven or refrigerate until ready to serve. Eat it cold or reheat before enjoying.
5. Suggested serving options include topping with nuts, yogurt, maple syrup, or milk.
*Please note that the addition of toppings will slightly alter the nutrition content.

Recipe featured in the November 2020 issue of Beyond Hunger's Nutrition Newsletter & was adapted from Budget Bytes.



Nutrition Facts	
Serves 6	
Amount Per Serving	
Calories	232
% Daily Value*	
Total Fat 1.9g	2%
Saturated Fat 1.1g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.7g	
Cholesterol 63.2mg	21%
Sodium 250.7mg	11%
Total Carbohydrate 41.3g	15%
Dietary Fiber 5.5g	
Sugars 14.5g	
Protein 9.1g	18%
Vitamin A	64%
Vitamin C	3%
Calcium	14%
Iron	15%
Vitamin D	3%
Zinc	6%