

Pumpkin Oatmeal

Yield: Serves 6

Ingredients:

1 cup of dry oatmeal

3 cups soy or almond milk

¼ cup pumpkin puree

2 pinches of ground cinnamon

1/8 tsp. pumpkin spice

½ tsp. vanilla extract

1/8 tsp. salt

1 Tbsp. honey

Optional: 2 Tbsp. toasted pumpkin seeds

Instructions: Place oatmeal in a sauce pan with the milk and allow to rest for 5 minutes. Bring the milk and oatmeal to a rapid simmer, add the spices and honey, and then lower the heat. Whisk until almost thick. Add the pumpkin puree and cook until the pumpkin is heated to 165 degrees.

Crockpot recipe:

In PM, coat the inside of the cooker with pan spray to keep the oatmeal from sticking, then add in the oats, milk and whisk in the rest of the ingredients. Stir it together; set the cooker to low, and wake up to a breakfast.