

Pumpkin Pie Oatmeal

Enjoy the perfect flavors of pumpkin pie any time of the year.
And without the guilt!

Ingredients:

- 1 can (15 oz) pumpkin puree
- 2 cups water
- 2 cups plant-based milk, plain
- 4 Tbs dried cranberries
- Pinch sea salt
- 1 tsp of pumpkin pie spice (more if you like it spicier)
- 2 cups quick cooking oatmeal (not instant)
- Maple syrup for serving
- Chopped pecans, for serving (lightly toasting them first is delicious)
- Additional plant-based milk, for serving (if desired)

Instructions:

In large saucepan over medium-high heat, combine the pumpkin, water, milk, dried cranberries, salt, cinnamon, nutmeg, and cloves.

Bring to a boil. Add the oatmeal.

Turn the heat down and cook about 15 minutes. Stir often.

Once the oatmeal is cooked, serve with maple syrup and chopped pecans to sprinkle on top if desired.

