



## 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)

### Nutrition

Amount per serving	
Calories	365
Fat	13g
Carbs	49g
Fiber	8g
Sugar	15g
Protein	17g
Cholesterol	2mg
Sodium	71mg
Vitamin A	9666IU
Vitamin C	3mg
Calcium	259mg
Iron	3mg
Selenium	16µg

### 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.