



Morning Oats with Pumpkin

I love this recipe because it brings out the best of Fall – a warm breakfast combined with pumpkin. Pumpkin is rich in vitamin A and potassium, and is a good source of fiber and beta-carotene, which is an antioxidant.

I prefer my cooked oats to still be whole, so I use as little water as possible. If you prefer the oats to be completely cooked and a bit mushy, then use 2/3 cup of water instead of 1/2 cup. I also like a bit of sweet to bring out the pumpkin flavor, but this recipe can be made without sugar if you prefer.

Ingredients:

1/3 cup dry, old fashioned oats
1/2 cup water
Cinnamon to taste
3 Tablespoons canned pumpkin (no sugar or spices added)
2 Tablespoons pumpkin seeds or walnuts
1/2-1 teaspoon brown sugar (optional)
1/4 cup milk

Preparation:

Place oats and water in a microwaveable bowl. Add cinnamon.
Microwave on HIGH for 1 1/2 to 2 minutes, depending on the doneness you prefer.
Add pumpkin, nuts or seeds, and brown sugar. Stir to combine.
Top with milk and enjoy!

