AUTUMN OATMEAL

SERVES 6

INGREDIENTS

3 cups water + 1 cup powdered milk (or 3 cups milk)
1 teaspoon pumpkin pie spice or cinnamon
2 cups oats, old fashioned or quick-cooking
1 cup (half of a 15 ounce can) pureed pumpkin
1 medium apple, chopped
1/4 cup honey (or brown sugar)
Chopped nuts, optional

DIRECTIONS

1. In medium saucepan, bring water, powdered milk, and spice to a boil; stir in oats.
2. Return to boil and reduce heat to medium.
3. Stir occasionally and cook until most of water is absorbed (5 minutes for old-fashioned oats, 1 minute for quick-cooking oats).
4. Stir in pumpkin, apples, and honey. Cook 1 minute.
5. Top with chopped nuts if desired.

NUTRITION INFORMATION:

Nutrition Facts

Serving Size 0.50 cup(s) (234g)
Amount Per Serving

Calories 214

Total Fat 2.3g 3%
Saturated Fat 0.5g 2%
Trans Fat 0.0g

Cholesterol 2.5mg 1%

Sodium 54.4mg 2%

Total Carbohydrate 43.1g 14%
Dietary Fiber 4.6g 18%
Sugars 22.9g

Protein 8.0g

Vitamin A 132% Calcium 16%
Vitamin C 5% Iron 11%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 8/2014)