PUMPKIN OATMEAL

SERVES 4

Preparation time: 5 minutes
Cook time: 2-6 minutes

INGREDIENTS

- 3 cups water
- 1 teaspoon pumpkin pie spice (see side bar for homemade version)
- ¼ teaspoon salt
- 2 cups quick or old-fashioned oatmeal
- 1 cup canned pumpkin
- ⅓ cup brown sugar, firmly packed
- 1 cup vanilla yogurt

DIRECTIONS

1. In a medium saucepan, bring water, pie spice and salt to a boil.
2. Stir in oats. Return to a boil and reduce heat to medium. Cook 1 minute for quick oats or 5 minutes for old-fashioned oats. Most of liquid should be absorbed. Stir occasionally.
3. Stir in pumpkin and brown sugar. Cook 1 minute. Let stand until desired consistency is achieved.
4. Spoon oatmeal into four cereal bowls. Top with yogurt. Serve with milk if preferred.

Note: If there is remaining pumpkin, freeze it for the next time you make pumpkin oatmeal.

MAKE YOUR OWN

PUMPKIN PIE SPICE

- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- ¾ teaspoon ground allspice

Mix spices together and store in airtight container. Use whenever a recipe calls for pumpkin pie spice.

SIMPLY GOOD EATING

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