

# Recipe of the Month – October 2023

## Pumpkin Oatmeal

Serves: 2

Serving Size: 1 cup

Cost per Serving: \$1.43

### Ingredients:

1 cup milk

1/2 cup oats (old fashioned or quick cooking)

1/2 cup pumpkin puree

1/2 teaspoon cinnamon

3 tablespoons chopped or sliced nuts (almonds, pecans, walnuts)

4 teaspoons maple or pancake syrup



### Directions:

1. In a large, microwave safe bowl, stir together milk, oats, pumpkin puree, and cinnamon.
2. Cook in microwave for 3 minutes, stirring every minute.
3. Stir in nuts and syrup. Let cool for 2 minutes.

### Tips:

- Serve with extra nuts and syrup drizzled on top or a spoonful of chia seed stirred in.
- Substitute dried fruit for the nuts.
- Freeze leftover pumpkin in airtight container.

**Nutrition Facts per Serving:** 250 calories, 9g total Fat (1g sat. fat),  
0mg. Cholesterol, 55mg Sodium, 35g Carbohydrates, 5g Fiber, 17g Sugar, 9g Protein

*Recipe compliments of Iowa State University Extension and  
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