

Pumpkin Pecan Oatmeal

Spice up your oatmeal with pumpkin and pumpkin pie spice. You can increase the protein by using Fairlife fat free milk and vanilla Greek yogurt.

Serves: 4

Serving size: ¾ cup

1 cup non fat milk
½ cup nonfat powdered milk
½ tsp pumpkin pie spice
1 cup quick cooking oats, uncooked
½ cup canned pumpkin puree
2 tbsp Splenda®
6 ounces light vanilla yogurt
2 tbsp pecans, coarsely chopped



Directions:

1. In medium saucepan, bring milk, powdered milk, and pie spice to a boil; stir in oats.
2. Return to a boil; reduce heat to medium.
3. Cook 1 minute for quick oats or until most of liquid is absorbed, stirring occasionally. Stir in pumpkin and sugar substitute; cook 1 minute. Let stand until desired consistency.
4. Spoon oatmeal into four cereal bowls. Top with yogurt and pecans.

Per serving: 190 calories, 10g protein, 4g fat (0g saturated), 5mg cholesterol, 29g carbohydrate, 4g fiber, 12g sugar, 100mg sodium

% Daily Values: Vitamin A 80%, Vitamin C 2%, Calcium 25%, Iron 10%

