

BAKED PUMPKIN PIE OATMEAL

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Ingredients

- 1 15 oz Can Pumpkin Puree
- 1/2 Cup Brown Sugar
- 2 Large Eggs
- 1/2 Teaspoon Pumpkin Pie Spice
- 1/2 Teaspoon Salt
- 3/4 Teaspoon Baking Powder
- 1/2 Teaspoon Vanilla Extract
- 1 1/2 Cups Milk
- 2 1/2 Cups Dry Oatmeal

Directions

1. Preheat the oven to 375 degrees. In a large bowl, whisk together the pumpkin puree, brown sugar, eggs, vanilla, pumpkin pie spice, salt, and baking powder until smooth. Whisk in the milk.
2. Mix the dry oats into the pumpkin mixture. Coat an 8x8 (or similar sized) baking dish with non-stick spray. Pour in the pumpkin oat mixture. Bake in the preheated oven for 45 minutes, or until the center no longer looks wet and the edges are lightly golden brown.
3. Serve hot right out of the oven or refrigerate until ready to serve. Can be eaten cold or reheated. Top with maple syrup or nuts if desired.

Nutrition Fun Facts

Oats are full of fiber and protein which help keep you satiated until the next meal. Fiber helps to keep your digestive tract healthy and protein helps to build and repair muscle! Pumpkin is high in vitamin A which helps protect your eyesight and vitamin C which supports your immune system!