

Pumpkin Oatmeal

Adapted from thesimpleveganista.com | 2 Servings



Ingredients

- › 1 cup old fashioned oats
- › ½ cup pumpkin puree
- › 1 tsp pumpkin pie spice (or cinnamon)
- › ¼ cup milk (optional plant milk)
- › 1 ½ cups water
- › pinch of salt

Optional Toppings

- › 1 - 2 tablespoons pure maple syrup
- › 1 - 2 tablespoons milk (such as oat milk), optional
- › ¼ - ½ cup pecans, optional

Directions

Stovetop

1. In a saucepan, combine oats, pumpkin puree, pumpkin spice, milk, water, and salt, bring to a boil, reduce heat to simmer and cook over a gentle boil for 3 - 4 minutes.
2. Remove from heat and let stand for 2 to 3 minutes.
3. Place oatmeal in your serving bowl, top with pecans, and drizzle of maple syrup and plant milk.

Microwave

1. Add ingredients in a large bowl and mix well to combine. Microwave on HIGH for 3 minutes, stopping to stir after 2 minutes. To prevent the oatmeal from boiling over, be sure to use a larger, wider bowl.
2. Let cool a few minutes before serving.
3. Place oatmeal in your serving bowl, top with pecans, and drizzle of maple syrup and plant milk.

